



The Fitness Education Academy – Course dates 2018

YMCA AWARDS LEVEL 2 CERTIFICATE IN FITNESS INSTRUCTING – GYM (includes REPs registration)	ASSESSMENT DATE	AREA
12 th , 13 th , 14 th , 20 th , 21 st January	27 th or 28 th January	KIRKCALDY
9 th , 10 th , 11 th , 17 th , 18 th February	24 th or 25 th February	ABERDEEN
23 rd , 24 th , 25 th February and 3 rd , 4 th March	10 th or 11 th March	WEST
23 rd , 24 th , 25 th , 31 st March and 1 st April	7 th or 8 th April	EDINBURGH
20 th , 21 st , 22 nd , 28 th , 29 th April	5 th or 6 th May	KIRKCALDY
25 th , 26 th , 27 th May and 2 nd , 3 rd June	9 th or 10 th June	ABERDEEN
15 th , 16 th , 17 th , 23 rd , 24 th June	30 th June or 1 st July	WEST
20 th , 21 st , 22 nd , 28 th , 29 th July	4 th or 5 th August	EDINBURGH
24 th , 25 th , 26 th August and 1 st , 2 nd September	8 th or 9 th September	KIRKCALDY
28 th , 29 th , 30 th September and 6 th , 7 th October	13 th or 14 th October	WEST
26 th , 27 th , 28 th October and 3 rd , 4 th November	10 th or 11 th November	ABERDEEN
23 rd , 24 th , 25 th November and 1 st , 2 nd December	8 th or 9 th December	EDINBURGH
YMCA AWARDS LEVEL 2 CERTIFICATE IN FITNESS INSTRUCTING – EXERCISE TO MUSIC (includes REPs registration and step instructor course)	ASSESSMENT DATES	AREA
19 th , 20 th , 21 st , 27 th , 28 th January	10 th or 11 th February	WEST
13 th , 14 th , 15 th , 21 st , 22 nd April	5 th or 6 th May	PENICUIK
11 th , 12 th , 13 th , 19 th , 20 th May	2 nd or 3 rd June	PENICUIK
22 nd , 23 rd , 24 th , 30 th June and 1 st July	14 th and 15 th July	ABERDEEN
17 th , 18 th , 19 th , 25 th , 26 th August	8 th or 9 th September	WEST
26 th , 27 th , 18 th October and 3 rd , 4 th November	17 th or 18 th November	PENICUIK
YMCA AWARDS LEVEL 3 CERTIFICATE IN PERSONAL TRAINING (includes REPs registration plus one free FEA CPD course)	ASSESSMENT DATE	AREA
10 th , 11 th , 17 th , 18 th , 25 th February	11 th March	KIRKCALDY
17 th , 18 th , 24 th , 25 th March and 1 st April	22 nd April	ABERDEEN
31 st March and 1 st , 7 th , 8 th , 15 th April	29 th April	WEST
21 st , 22 nd , 28 th , 29 th April and 6 th May	20 th May	EDINBURGH
19 th , 20 th , 26 th , 27 th May and 3 rd June	17 th June	KIRKCALDY
14 th , 15 th , 21 st , 22 nd , 29 th July	12 th August	WEST
15 th , 16 th , 22 nd , 23 rd , 30 th September	14 th October	EDINBURGH
17 th , 18 th , 24 th , 25 th November and 2 nd December	16 th December	WEST
YMCA AWARDS LEVEL 2 AND LEVEL 3 PERSONAL TRAINING BUNDLE – choose from level 2 gym instructor and level 3 personal training dates above		
YMCA AWARDS LEVEL 3 DIPLOMA IN EXERCISE REFERRAL	PRACTICAL ASSESSMENT DATE	AREA
12 th , 13 th , 26 th January	TBC	EDINBURGH
3 rd , 4 th , 9 th April	TBC	KIRKCALDY
3 rd , 4 th , 11 th August	TBC	WEST
9 th , 10 th , 11 th November	TBC	EDINBURGH
ACTIVE IQ LEVEL 4 CERTIFICATE IN DELIVERING PHYSICAL ACTIVITY FOR INDIVIDUALS WITH MENTAL HEALTH CONDITIONS	ASSESSMENT	AREA
In house courses only – contact us for dates		
ACTIVE IQ AWARD IN DESIGNING PRE AND POST NATAL EXERCISE PROGRAMMES		AREA
6 th February	Case study	PENICUIK
1 st May	Case study	KIRKCALDY
7 th August	Case study	ABERDEEN
6 th November	Case study	PENICUIK

YMCA AWARDS LEVEL 2 EXERCISE AND PHYSICAL ACTIVITY FOR CHILDREN		AREA
5 th , 6 th , 7 th March	Video assessment	KIRKCALDY
6 th , 7 th , 8 th July	Video assessment	PENICUIK
5 th , 6 th , 7 th October	Video assessment	PENICUIK
YMCA LEVEL 2 AWARD IN GROUP INDOOR CYCLING	Assessments	AREA
11 th , 12 th January	On course	PENICUIK
26 th , 27 th February	On course	ABERDEEN
23 rd , 24 th April	On course	KIRKCALDY
9 th , 10 th July	On course	PENICUIK
8 th , 9 th November	On course	PENICUIK
FEA SUSPENDED BODYWEIGHT		AREA
5 th , 6 th March	On course	PENICUIK
7 th , 8 th May	On course	KIRKCALDY
2 nd , 3 rd July	On course	ABERDEEN
3 rd , 4 th September	On course	PENICUIK
3 rd , 4 th November	On course	KIRKCALDY
FEA KETTLEBELL INSTRUCTOR		AREA
22 nd , 23 rd February	On course	PENICUIK
23 rd , 24 th April	On course	ABERDEEN
17 th , 18 th May	On course	WEST
6 th , 7 th August	On course	PENICUIK
10 th , 11 th November	On course	KIRKCALDY
FEA BOOTCAMP INSTRUCTOR		AREA
12 th , 13 th March	On course	PENICUIK
9 th , 10 th June	On course	KIRKCALDY
6 th , 7 th September	On course	PENICUIK
FEA STUDIO RESISTANCE		AREA
5 th , 6 th April	On course	PENICUIK
13 th , 14 th September	On course	PENICUIK
FEA GROUP HIIT		AREA
2 nd , 9 th February	On course	PENICUIK
20 th , 21 st August	On course	PENICUIK
FEA STUDIO COMBAT		AREA
9 th , 16 th March	On course	PENICUIK
12 th , 19 th October	On course	PENICUIK
FEA CIRCUIT TRAINING		AREA
14 th , 15 th April	On course	KIRKCALDY
16 th , 17 th August	On course	PENICUIK
8 th , 9 th December	On course	KIRKCALDY
FEA STEP INSTRUCTOR		AREA
12 th , 13 th February	On course	PENICUIK
25 th , 26 th June	On course	KIRKCALDY
3 rd , 4 th December	On course	PENICUIK
FIRST AID AT WORK		AREA
22 nd , 23 rd , 24 th January	On course	PENICUIK
30 th April and 1 st , 2 nd May	On course	KIRKCALDY
11 th , 12 th , 13 th June	On course	PENICUIK
1 st , 2 nd , 3 rd October	On course	PENICUIK
EMERGENCY FIRST AID AT WORK		AREA
22 nd January	On course	PENICUIK
30 th April	On course	KIRKCALDY
11 th June	On course	PENICUIK
1 st October	On course	PENICUIK
LEVEL 2 THEORY UNITS ONLY (if chosen to do as separate units)	Flexible start date and assessment dates	E-LEARNING
LEVEL 3 ANATOMY AND PHYSIOLOGY (if chosen to do as a separate unit)	Flexible start date and assessment date	E-LEARNING

If assessment dates do not suit, this can be changed to another arranged dateFree CPD course with Level 3 Personal Training course to choose from Kettlebell Instructor, Suspended Bodyweight Instructor, Boot Camp Instructor, Studio Combat Instructor, Studio Resistance Instructor, Sports Conditioning, Circuit Training or Group HIIT.*



The Fitness Education Academy – Price List 2017

Qualification	Price	REPs info
YMCA Awards – Gym Instructor (theory and practical, includes REPs registration)	£600 if paid in full on booking or £650 for other payment options	Entry at level 2 20 points
YMCA Awards – Exercise to Music (theory and practical, includes REPs registration and Step)	£600 if paid in full on booking or £650 for other payment options	Entry at level 2 20 points
YMCA Awards - Level 3 Certificate in Personal Training (includes one CPD course* and REPs registration)	£1600 if paid in full on booking or £1750 for other payment options	Entry at level 3 20 points
YMCA Awards - Level 3 Diploma in Personal Training (includes level 2 gym, level 3 personal training plus one CPD course* and REPs registration)	£2150 if paid in full on booking or £2350 for other payment options. Choose dates from gym instructor level 2 and level 3 certificate in personal training	Entry at level 3 20 points
YMCA Awards - Level 2 Exercise and Physical Activity for Children (aged 5-15)	£350 if already level 2 qualified, £500 for full course	Entry at level 2 20 points
YMCA Awards - Level 4 Certificate in Delivering Physical Activity for Adults with Mental Health Conditions	£600	Entry at level 4 20 points
YMCA Awards - Level 3 Diploma in Exercise Referral	£600	20 points
Active IQ Level 3 Award in Designing Pre and Post Natal Exercise Programmes	£350	16 Points
YMCA Awards - Level 2 Group Indoor Cycling	£250	16 points
FEA Group Indoor Cycling	£200	16 points
YMCA Awards - Level 2 Award in Walk Leading	£300	16 points
YMCA Awards - Level 3 Award in Outdoor Fitness	£300	16 points
YMCA Awards - Level 3 Nutrition for Physical Activity	£300	16 points
FEA Circuit Training	£200	16 points
FEA Step Instructor	£200	16 points
FEA Studio Resistance Instructor	£200	16 points
FEA Sports Conditioning	£250	16 points
FEA Boot Camp Instructor	£200	16 points
FEA Suspended Bodyweight Instructor	£200	16 points
FEA Kettlebell Instructor	£200	16 points
FEA Studio Combat Instructor	£200	16 points
FEA Client Appraisal and Fitness Testing	£200	16 points
FEA Group HIIT	£200	16 points
First Aid at Work	£250	8 points
Emergency First Aid at Work	£70	6 points
YMCA Awards - Level 3 Anatomy and Physiology Theory	£300	n/a
YMCA Awards - Level 2 Mandatory Units (theory only)	£200	n/a
Active IQ – Level 3 Award in Assessing Vocationally Related Achievement	£600	20 points
Active IQ – Level 3 Award in Education and Training	£700	20 points
Active IQ – Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice	£700	20 points

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WE ALSO TEACH IN-HOUSE COURSES FOR FACILITES (MINIMUM 6 CANDIDATES)

