

The Fitness Education Academy – Course Dates 2019

COURSE DATES	ASSESSMENT DATES*	VENUE
GYM INSTRUCTOR		
11 th , 12 th , 13 th , 19 th , 20 th January (FULL)	26th January	KIRKCALDY
15 th , 16 th , 17 th , 23 rd , 24 th February	2 nd March 3 rd March	ABERDEEN
22 nd , 23 rd , 24 th February, 2 nd , 3 rd March	9 th March	AYR
15 th , 16 th , 17 th , 23 rd , 24 th March	30 th March	EDINBURGH
119 th , 20 th , 21 st , 27 th , 28 th April	4th May	KIRKCALDY
17 th , 18 th , 19 th , 25 th , 26 th May	1 st June 2 nd June	ABERDEEN
14 th , 15 th , 16 th , 22 nd , 23 rd June	29 th June	AYR
19 th , 20 th , 21 st , 27 th , 28 th July	3 rd August	EDINBURGH
16 th , 17 th , 18 th , 24 th , 25 th August	31 st August	KIRKCALDY
6 th , 7 th , 8 th , 14 th , 15 th September	21st September 22 nd September	ABERDEEN
11 th , 12 th , 13 th , 19 th , 20 th October	26 th October	AYR
22 nd , 23 rd , 24 th , 30 th November, 1 st December	7th December	KIRKCALDY
LEVEL 3 PERSONAL TRAINING**		
19 th , 20 th , 26 th , 27 th January, 3 rd February	10 th February	EDINBURGH
9 th , 10 th , 16 th , 17 th , 24 th February	3 rd March	KIRKCALDY
16 th , 17 th , 23 rd , 24 th , 31 st March	7 th April	ABERDEEN
13 th , 14 th , 20 th , 21 st , 28 th April	5 th May	EDINBURGH
18 th , 19 th , 25 th , 26 th May, 2 nd June	9 th June	KIRKCALDY
22 nd , 23 rd , 29 th , 30 th June, 7 th July	14 th July	ABERDEEN
17 th , 18 th , 24 th , 25 th August, 1 st September	8 th September	EDINBURGH
28 th , 29 th September, 5 th , 6 th , 13 th October	20 th October	KIRKCALDY
23 rd , 24 th , 30 th November, 1st, 8 th December	15 th December	EDINBURGH
EXERCISE TO MUSIC		
18 th , 19 th , 20 th , 26 th , 27 th January	9 th , 10 th February	PENICUIK
17 th , 18 th , 19 th , 25 th , 26 th May	8 th , 9 th June	AYR
5 th , 6 th , 7 th , 13 th , 14 th July	27 th , 28 th July	PENICUIK
27 th , 28 th , 29 th September, 5 th , 6 th October	19 th , 20 th October	ABERDEEN
29 th , 30 th November, 1 st , 7 th , 8 th December	21 st , 22 nd December	AYR
LEVEL 3 EXERCISE REFERRAL		
9 th , 10 th February		COWDENBEATH
11 th , 12 th May		EDINBURGH
28 th , 29 th June		KIRKCALDY
13 th , 14 th December		EDINBURGH
LEVEL 3 PRE AND POST NATAL		
18th January		COWDENBEATH
8 th March		PENICUIK
10 th May		AYR
21 st June		ABERDEEN
20 th September		PENICUIK
20 th December		AYR
EXERCISE AND PHYSICAL ACTIVITY FOR CHILDREN		

1 st , 2 nd , 3 rd February		KIRKCALDY
8 th , 9 th , 10 th May		PENICUIK
9 th , 10 th , 11 th August		AYR
15 th , 16 th , 17 th November		KIRKCALDY
GROUP INDOOR CYCLING		
28 th , 29 th January		PENICUIK
5 th , 6 th April		KIRKCALDY
8 th , 9 th June		ABERDEEN
29 th , 30 th July		PENICUIK
26 th , 27 th October		KIRKCALDY
9 th , 10 th December		PENICUIK
LEVEL 4 CERTIFICATE IN ADVANCED PERSONAL TRAINING		
TBC		PENICUIK
TBC		PENICUIK
LEVEL 4 CERTIFICATE IN DELIVERING PHYSICAL ACTIVITY FOR ADULTS WITH MENTAL HEALTH CONDITIONS		
25 th , 26 th March		PENICUIK
SUSPENDED BODYWEIGHT		
2 nd , 3 rd February		PENICUIK
28 th , 29 th March		KIRKCALDY
11 th , 12 th May		ABERDEEN
6 th , 7 th August		PENICUIK
18 th , 19 th October		KIRKCALDY
5 th , 6 th December		PENICUIK
KETTLEBELL INSTRUCTOR		
12 th , 13 th January		PENICUIK
16 th , 17 th March		KIRKCALDY
15 th , 16 th June		ABERDEEN
14 th , 15 th August		PENICUIK
9 th , 10 th November		KIRKCALDY
BOOT CAMP INSTRUCTOR		
9 th , 10 th March		PENICUIK
6 th , 7 th June		KIRKCALDY
14 th , 15 th September		PENICUIK
CIRCUIT TRAINING		
18 th , 19 th July		PENICUIK
11 th , 12 th October		KIRKCALDY
GROUP HIIT		
9 th , 10 th March		KIRKCALDY
25 th , 26 th July		PENICUIK
9 th , 10 th November		KIRKCALDY
STEP INSTRUCTOR		
16 th , 17 th March		PENICUIK
STUDIO RESISTANCE		
1 st , 2 nd June		KIRKCALDY

5 th , 6 th October		PENICUIK
STUDIO COMBAT		
29 th , 30 th June		PENICUIK
2 nd , 3 rd November		KIRKCALDY
EMERGENCY FIRST AID AT WORK		
21 st January		KIRKCALDY
15 th April		PENICUIK
8 th July		KIRKCALDY
28 th October		PENICUIK
LEVEL 2 THEORY UNITS ONLY (if chosen to do as separate units)	Flexible start date and assessment date	E-LEARNING
LEVEL 3 ANATOMY AND PHYSIOLOGY (if chosen to do as a separate unit)	Flexible start date and assessment date	E-LEARNING
LEVEL 3 NUTRITION (if chosen to do as a separate unit)	Flexible start date and assessment date	E-LEARNING
LEVEL 2 AWARD IN MENTAL HEALTH AWARENESS (ONLINE)	Flexible start date	E-LEARNING
ONLINE WORKSHOPS		
Padwork Training	Flexible start date	E-LEARNING
Medicine Ball Training	Flexible start date	E-LEARNING
Powerclubs	Flexible start date	E-LEARNING
Fuelling Physical Activity	Flexible start date	E-LEARNING
Obesity Myths	Flexible start date	E-LEARNING

If assessment dates do not suit, this can be changed to another arranged dateFree CPD course to choose from Kettlebell Instructor, Suspended Bodyweight Instructor, Boot Camp Instructor, Studio Combat Instructor, Studio Resistance Instructor, Circuit Training, Group HIIT or any of the online workshops*

Active iQ





The Fitness Education Academy – price list 2019

Qualification	Price	REPs info
Gym Instructor (theory and practical, includes Emergency First Aid)	£600 if paid in full on booking or £650 for other payment options	Entry at level 2 20 points
Exercise to Music (theory and practical, includes Step Instructor or Emergency First Aid)	£600 if paid in full on booking or £650 for other payment options	Entry at level 2 20 points
Level 3 Certificate in Personal Training (includes one CPD course from list *)	£1600 if paid in full on booking or £1750 for other payment options	Entry at level 3 20 points
Level 3 Personal Training Bundle (includes level 2 gym, level 3 personal training plus one CPD course and Emergency First Aid)	£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
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
Level 4 Certificate in Delivering Physical Activity for Adults with Mental Health Conditions	£600	Entry at level 4 20 points
Level 4 Certificate in Advanced Personal Training	£700	16 points
Level 3 Award in Designing Pre and Post Natal Exercise Programmes	£350	16 points
Level 2 Group Indoor Cycling	£250	16 points
FEA Group Indoor Cycling	£200	16 points
Level 2 Award in Walk Leading	£300	16 points
Level 3 Award in Outdoor Fitness	£300	16 points
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
Level 3 Anatomy and Physiology Theory	£300	n/a
Level 2 Mandatory Units (theory only)	£200	n/a
Level 3 Award in Assessing Vocationally Related Achievement	£600	20 points
Level 3 Award in Education and Training	£700	20 points
Level 4 Certificate in Advanced Personal Training	£700	
Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice	£700	20 points
Level 2 Award in Mental Health Awareness	£180	
Online workshops	£50	

www.thefitnesseducationacademy.co.uk

info@thefitnesseducationacademy.co.uk

01968 679100

WE ALSO TEACH IN-HOUSE COURSES FOR FACILITES (MINIMUM 8 CANDIDATES)