



THE FITNESS EDUCATION ACADEMY – COURSE DATES 2020

COURSE DATES	ASSESSMENT DATES	VENUE
GYM INSTRUCTOR		
10 th , 11 th , 12 th , 18 th , 19 th January	26 th January	EDINBURGH
14 th , 15 th , 16 th , 22 nd , 23 rd February	29 th February 1 st March	MINTLAW
13 th , 14 th , 15 th , 21 st , 22 nd March	29 th March	AYR
17 th , 18 th , 19 th , 25 th , 26 th April	3 rd May	KIRKCALDY
15 th , 16 th , 17 th , 23 rd , 24 th May	31 st May	EDINBURGH
19 th , 20 th , 21 st , 27 th , 28 th June	4 th July 5 th July	MINTLAW
24 th , 25 th , 26 th July, 1 st , 2 nd August	9 th August	AYR
21 st , 22 nd , 23 rd , 29 th , 30 th August	6 th September	KIRKCALDY
25 th , 26 th , 27 th September, 3 rd , 4 th October	11 th October	EDINBURGH
23 rd , 24 th , 25 th , 31 st October, 1 st November	7 th November 8 th November	MINTLAW
27 th , 28 th , 29 th November, 5 th , 6 th December	13 th December	KIRKCALDY
PERSONAL TRAINING		
7 th , 8 th , 9 th , 15 th , 16 th February	23 rd February	EDINBURGH
13 th , 14 th , 15 th , 21 st , 22 nd March	29 th March	MINTLAW
17 th , 18 th , 19 th , 25 th , 26 th April	3 rd May	COATBRIDGE
15 th , 16 th , 17 th , 23 rd , 24 th May	31 st May	KIRKCALDY
12 th , 13 th , 14 th , 20 th , 21 st June	28 th June	EDINBURGH
17 th , 18 th , 19 th , 25 th , 26 th July	2 nd August	MINTLAW
21 st , 22 nd , 23 rd , 29 th , 30 th August	6 th September	COATBRIDGE
18 th , 19 th , 20 th , 26 th , 27 th September	4 th October	KIRKCALDY
23 rd , 24 th , 25 th , 31 st October, 1 st November	8 th November	EDINBURGH
20 th , 21 st , 22 nd , 28 th , 29 th November	6 th December	MINTLAW
GROUP TRAINING		
17 th , 18 th , 19 th , 25 th , 26 th January	31 st January	PENICUIK
28 th , 29 th February, 1 st , 7 th , 8 th March	20 th March	COATBRIDGE
29 th , 30 th , 31 st May and 6 th , 7 th June	14 th June	MINTLAW
17 th , 18 th , 19 th , 25 th , 26 th July	31 st July	PENICUIK
9 th , 10 th , 11 th , 17 th , 18 th October	24 th October	COATBRIDGE
GROUP EXERCISE TO MUSIC (days above plus)		
1 st , 2 nd February	7 th February	PENICUIK
3 rd , 4 th April	10 th April	PENICUIK
7 th , 8 th August	14 th August	PENICUIK
27 th , 28 th November	4 th December	PENICUIK
LEVEL 3 EXERCISE REFERRAL		
6 th , 7 th March	21 st March	KIRKCALDY
29 th , 30 th May	6 th June	EDINBURGH
28 th , 29 th August	5 th September	MINTLAW
13 th , 14 th November	21 st November	EDINBURGH

LEVEL 3 PRE AND POST NATAL		
21 st February	Case study	PENICUIK
24 th April	Case study	KIRKCALDY
10 th July	Case study	PENICUIK
12 th September		MINTLAW
7 th November		KIRKCALDY
EXERCISE AND PHYSICAL ACTIVITY FOR CHILDREN		
14 th , 15 th , 16 th February	VIDEO	PENICUIK
5 th , 6 th , 7 th June	VIDEO	COATBRIDGE
2 nd , 3 rd , 4 th October	VIDEO	MINTLAW
GROUP INDOOR CYCLING		
6 th , 7 th February	ON COURSE	KIRKCALDY
24 th , 25 th April	ON COURSE	PENICUIK
23 rd , 24 th May	ON COURSE	MINTLAW
12 th , 13 th September	ON COURSE	KIRKCALDY
13 th , 14 th November	ON COURSE	PENICUIK
LEVEL 2 AWARD IN MENTAL HEALTH AWARENESS		
24 th February	ONLINE	PENICUIK
1 st June	ONLINE	PENICUIK
16 th October	ONLINE	PENICUIK
LEVEL 4 CERTIFICATE IN DELIVERING PHYSICAL ACTIVITY FOR ADULTS WITH MENTAL HEALTH CONDITIONS		
10 th , 11 th February	ON COURSE AND CASE STUDY	PENICUIK
15 th , 16 th June	ON COURSE AND CASE STUDY	KIRKCALDY
19 th , 20 th October	ON COURSE AND CASE STUDY	PENICUIK
LEVEL 3 AWARD IN NUTRITION FOR EXERCISE AND HEALTH		
Flexible start date (home learning)	ARRANGED WITH FEA	N/A
SUSPENDED BODYWEIGHT		
27 th , 28 th January	ON COURSE	PENICUIK
6 th , 7 th March	ON COURSE	KIRKCALDY
6 th , 7 th June	ON COURSE	COATBRIDGE
7 th , 8 th September	ON COURSE	PENICUIK
7 th , 8 th December	ON COURSE	KIRKCALDY
KETTLEBELL INSTRUCTOR		
17 th , 18 th February	ON COURSE	PENICUIK
9 th , 10 th May	ON COURSE	COATBRIDGE
15 th , 16 th August	ON COURSE	KIRKCALDY
26 th , 27 th September	ON COURSE	MINTLAW
23 rd , 24 th November	ON COURSE	PENICUIK
BOOT CAMP INSTRUCTOR		
4 th , 5 th April	ON COURSE	COATBRIDGE
22 nd , 23 rd June	ON COURSE	PENICUIK
11 th , 12 th July	ON COURSE	MINTLAW
21 st , 22 nd September	ON COURSE	PENICUIK
OLYMPIC WEIGHTLIFTING		
8 th , 9 th February	VIDEO	COATBRIDGE
30 th , 31 st May	VIDEO	COATBRIDGE
19 th , 20 th September	VIDEO	COATBRIDGE
CIRCUIT TRAINING		
TBC		
GROUP HIIT		
TBC		

STEP INSTRUCTOR		
24 th , 25 th February	ON COURSE	PENICUIK
8 th , 9 th June	ON COURSE	PENICUIK
5 th , 6 th October	ON COURSE	PENICUIK
STUDIO RESISTANCE		
IN HOUSE ONLY		
STUDIO COMBAT		
IN HOUSE ONLY		
EMERGENCY FIRST AID AT WORK		
3 rd February		PENICUIK
11 th May		COATBRIDGE
10 th August		PENICUIK
2 nd November		KIRKCALDY
ONLINE WORKSHOPS – FLEXIBLE START DATES		
Padwork Training	N/A	E-LEARNING
Medicine Ball Training	N/A	E-LEARNING
Powerclubs	N/A	E-LEARNING
Fuelling Physical Activity	N/A	E-LEARNING
Obesity Myths	N/A	E-LEARNING

Active iQ



THE FITNESS EDUCATION ACADEMY – PRICE LIST 2019/2020

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	£250	
Online workshops (obesity myths, fuelling physical activity, padwork, medicine ball training, powerclubs)	£50 (each)	