



## The Fitness Education Academy – Course dates 2018

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

<b>FEA SUSPENDED BODYWEIGHT</b>		<b>AREA</b>
5 <sup>th</sup> , 6 <sup>th</sup> March	On course	PENICUIK
7 <sup>th</sup> , 9 <sup>th</sup> May	On course	KIRKCALDY
2 <sup>nd</sup> , 3 <sup>rd</sup> July	On course	ABERDEEN
3 <sup>rd</sup> , 4 <sup>th</sup> September	On course	PENICUIK
3 <sup>rd</sup> , 4 <sup>th</sup> November	On course	KIRKCALDY
<b>FEA KETTLEBELL INSTRUCTOR</b>		<b>AREA</b>
22 <sup>nd</sup> , 23 <sup>rd</sup> February	On course	PENICUIK
28 <sup>th</sup> , 29 <sup>th</sup> April	On course	ABERDEEN
17 <sup>th</sup> , 18 <sup>th</sup> May	On course	AYR
6 <sup>th</sup> , 7 <sup>th</sup> August	On course	PENICUIK
10 <sup>th</sup> , 11 <sup>th</sup> November	On course	KIRKCALDY
<b>FEA BOOTCAMP INSTRUCTOR</b>		<b>AREA</b>
12 <sup>th</sup> , 13 <sup>th</sup> March	On course	PENICUIK
9 <sup>th</sup> , 10 <sup>th</sup> June	On course	KIRKCALDY
6 <sup>th</sup> , 7 <sup>th</sup> September	On course	PENICUIK
<b>FEA STUDIO RESISTANCE</b>		<b>AREA</b>
7 <sup>th</sup> , 8 <sup>th</sup> April	On course	PENICUIK
14 <sup>th</sup> , 15 <sup>th</sup> September	On course	PENICUIK
<b>FEA GROUP HIIT</b>		<b>AREA</b>
2 <sup>nd</sup> , 9 <sup>th</sup> February	On course	PENICUIK
20 <sup>th</sup> , 21 <sup>st</sup> August	On course	PENICUIK
<b>FEA STUDIO COMBAT</b>		<b>AREA</b>
9 <sup>th</sup> , 16 <sup>th</sup> March	On course	PENICUIK
12 <sup>th</sup> , 19 <sup>th</sup> October	On course	PENICUIK
<b>FEA CIRCUIT TRAINING</b>		<b>AREA</b>
14 <sup>th</sup> , 15 <sup>th</sup> April	On course	KIRKCALDY
16 <sup>th</sup> , 17 <sup>th</sup> August	On course	PENICUIK
8 <sup>th</sup> , 9 <sup>th</sup> December	On course	KIRKCALDY
<b>FEA STEP INSTRUCTOR</b>		<b>AREA</b>
12 <sup>th</sup> , 13 <sup>th</sup> February	On course	PENICUIK
25 <sup>th</sup> , 26 <sup>th</sup> June	On course	KIRKCALDY
26 <sup>th</sup> , 27 <sup>th</sup> November	On course	PENICUIK
<b>FIRST AID AT WORK</b>		<b>AREA</b>
22 <sup>nd</sup> , 23 <sup>rd</sup> , 24 <sup>th</sup> January	On course	PENICUIK
30 <sup>th</sup> April and 1 <sup>st</sup> , 2 <sup>nd</sup> May	On course	KIRKCALDY
11 <sup>th</sup> , 12 <sup>th</sup> , 13 <sup>th</sup> June	On course	PENICUIK
1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> October	On course	PENICUIK
<b>EMERGENCY FIRST AID AT WORK</b>		<b>AREA</b>
22 <sup>nd</sup> January	On course	PENICUIK
30 <sup>th</sup> April	On course	KIRKCALDY
11 <sup>th</sup> June	On course	PENICUIK
1 <sup>st</sup> October	On course	PENICUIK
<b>LEVEL 2 THEORY UNITS ONLY (if chosen to do as separate units)</b>	Flexible start date and assessment dates	E-LEARNING
<b>LEVEL 3 ANATOMY AND PHYSIOLOGY (if chosen to do as a separate unit)</b>	Flexible start date and assessment date	E-LEARNING
<b>ONLINE WORKSHOPS</b>		
Padwork Training	Flexible start date	E-LEARNING
Medicine Ball	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
Tri Planer Kettlebells	Flexible start date	E-LEARNING

*\*If assessment dates do not suit, this can be changed to another arranged date\*\*Free 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.*

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## The Fitness Education Academy – Price List 2017

Qualification	Price	REPs info
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
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
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
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
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 3 Diploma in Exercise Referral	£600	20 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
Online workshops	£50	

[www.thefitnesseducationacademy.co.uk](http://www.thefitnesseducationacademy.co.uk)  
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WE ALSO TEACH IN-HOUSE COURSES FOR FACILITIES (MINIMUM 8 CANDIDATES)