



<b>Day:</b>	Weekends
<b>Time:</b>	9.30-4.30pm
<b>Dates:</b>	4th February 2012
<b>Numbers:</b>	Minimum 8, Maximum 14
<b>Course Level and Title:</b>	N/A
<b>Course Fee:</b>	£85
<b>Tutor:</b>	Keith Smith

### Who is the Course for?

**Do I need any prior experience?** You must already hold a Level 2 Fitness Instructor Qualifications.

**Will I need an Interview?** No

**What could I do next?** Complete your Level 3 Personal Trainer Course

### What are the aims of the course?

**What topics will I cover?**

- PNF Stretching
- Plyometrics
- Non gym-based exercise

### What will the sessions consist of?

This workshop is to give you a chance to experience some dynamic exercises and stretches. This workshop forms part of the Certificate in Personal training. It is a largely practical course.

This is part of the Level 3 Personal Training Certificate but can also be completed as a one day workshop for those that wish to upskill in this area.

### How is the course assessed?

**Practical Exam?** No      **Written Exam?** No

**Awarding Organisation:** n/a

### How can I prepare for the course?

### Key Facts

Apprenticeship option? No

Key Qualification? No

**What Next?  
Contact us**

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