

## CYQ Level 3 Certificate in Personal Training

### Fitness Instructor Courses at Collyer's



All of our fitness courses are accredited by Central YMCA Qualifications which is the industry leader in vocational



### How to book:

Obtain a booking form from the Adult Education pages of

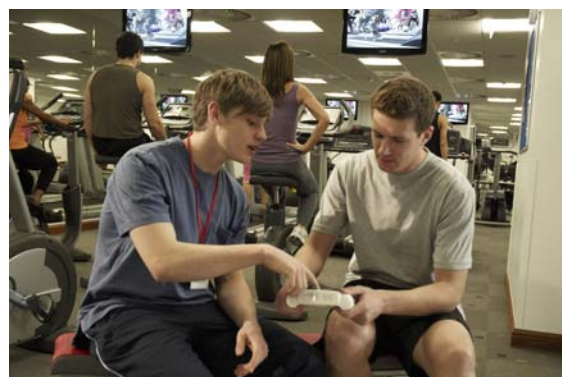
[www.collyers.ac.uk](http://www.collyers.ac.uk)

or contact

Julie Beesley at

[apprenticeships@collyers.ac.uk](mailto:apprenticeships@collyers.ac.uk)

Tel: 01403 216566



### COURSE DETAILS:

This course is suitable for Level 2 qualified fitness professionals interested in developing their skills and looking to become a Personal Trainer. It covers modules on Anatomy and Physiology, Advanced Resistance Programming, Advanced Cardiovascular Programming and Nutrition and Weight Management. It focuses on training programme design and development for a broad range of clients. Students will explore elements of core stability, psychological and physical motivation and the principles of healthy eating and weight management in relation to exercise, fitness, sports and well-being.

### COURSE FORMAT:

Tuesday evenings 6.30 pm—9.30 pm from September 2010 to May 2011. First workshop 11th September 2010. Plus full day workshops on: 11th, 19th, 26th September 2010, 2nd, 10th, 16th October 2010, 15th, 16th January 2011, 5th, 19th February 2011

Assessment times available from 8th May 2011

Cost £780 (£215 under 19s)

APPRENTICES FREE!! - see [apprenticeships@collyers.ac.uk](mailto:apprenticeships@collyers.ac.uk)