



CH1 FIT ACADEMY



BECOME AN  
OUTSTANDING

PERSONAL TRAINER



[WWW.CH1FITNESSACADEMY.CO.UK](http://WWW.CH1FITNESSACADEMY.CO.UK)



# WHO WE ARE

We are an independent training provider solely dedicated to delivering health, exercise and fitness programs. We operate from CH1 Fitness, a beautiful space with the latest equipment in our high-tech gym and studio. Accredited by the awarding body Pearson to deliver a range of industry recognised qualifications, we can help you begin or develop your career in the fitness sector.



## OUR PHILOSOPHY

'Going way beyond' is our learning motto. We want to ensure that you reach your potential through high quality learning experiences that 'Go way beyond' the qualification. We believe that learning within a community enriches your experience and will help you become a well-rounded and highly professional personal trainer, and we have unique experience between our team to have confidence that will happen.



# FULL TIME COURSE FOR 16-18 YEAR OLDS

## BTEC EXTENDED DIPLOMA IN SPORT, FITNESS AND PERSONAL TRAINING

### ENTRY REQUIREMENTS

# 1

5 x GCSE at grade A-C including maths and English.

The course requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary.

# 2

Communicating with others is an important part of this program and applicants should have some basic communication skills on entry.

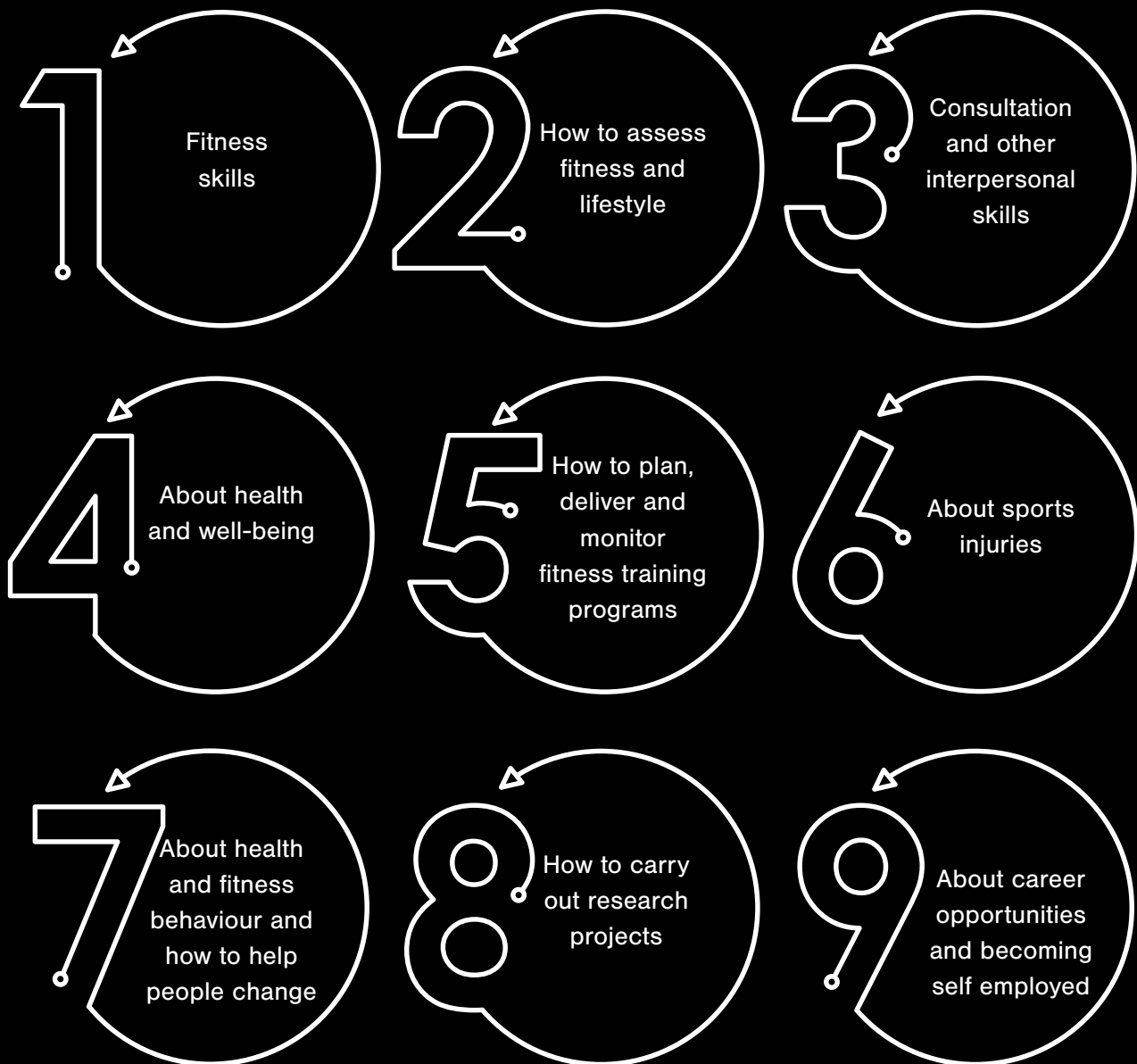


### What Does It Qualify Me To Do?

- Completion of this course gives you up to 168 UCAS points for entry into university
- Gym instruction within any fitness facility or leisure centre e.g. individual or group inductions, prescribe gym-based exercise programmes and supervise fitness facilities.
- Personal training within any fitness facility or leisure centre; work self-employed or freelance as a personal trainer in person or online; conduct consultations and fitness and lifestyle assessments; provide nutritional and exercise strategies for change; motivate and challenge clients; design progressive and periodised training programmes.
- This qualification can lead to a variety of other roles such as a group exercise teacher, or health promotion advisor.
- This qualification also provides a solid foundation for further learning and other roles such as those working in sports injury and rehab; back care; ante and postnatal fitness; fitness for older adults; working with other special populations or within GP referral schemes; strength and conditioning coach; Pilates teacher; reformer Pilates teacher or yoga teacher.
- For some, rather than pursue a career in fitness, this course serves to support self-improvement through exercise, nutrition and lifestyle behaviours and an in depth understanding about fitness.



# WHAT WILL I LEARN?



## YEAR 1

- Health, well-being and sport
- Fitness Skills Development (Gym Instructor certificate)
- Fitness testing
- Fitness training
- Nutrition for physical performance
- Marketing communications
- Business and technology in personal training

## YEAR 2

- Careers in sports and the active leisure industry
- Personal trainer skills development (Personal Training Diploma)
- Research Project in sport
- Self employment in sport and physical activity
- Sporting Injuries

# WHO WILL TEACH ME?

Every teacher has significant experience as a personal trainer, over 10 years of industry experience and is qualified to at least degree level in their exercise, fitness and health specialisms. All staff are qualified teachers and the team have a wealth of experience as renowned educators.

## ADAM

CO-OWNER AND MASTER COACH



- BSc (hons) Sport and Exercise Sciences.
- 10 years as a Personal Trainer.
- 10 years as a Sport and Exercise Science lecturer.
- 6 years as an advanced skills teacher/teaching and learning coach.
- 10 years managing fitness and personal training programmes.
- Experienced owner and Managing Director of fitness businesses.
- Holds Post Graduate Certificate of Education and assessor awards.
- Health and fitness magazine author.

## DEBORAH

CO-OWNER AND REFORMER PILATES SPECIALIST



- MSc Health studies.
- Qualified and experienced in exercise to music, ante and post-natal exercise, Pilates mat work, Reformer Pilates, Yin yoga and Personal training.
- 20 years as a group exercise instructor.
- Experienced sole trader, limited company owner and managing director of several fitness and education businesses.
- Health and fitness author and writer and moderator of fitness industry qualifications.
- 15 years as a health and fitness lecturer.
- 20 years as an educational consultant, trainer to educators / education managers and Ofsted Inspector.
- Teacher educator delivering teacher Certificate and Diploma in Education.
- Holds Certificate in Education, assessor and internal verifier awards.

## CERI

CLUB MANAGER AND SENIOR COACH



- Post Graduate Diploma in Exercise Physiology.
- 12 years health and fitness industry experience.
- 4 years experience as a personal trainer.
- 9 years experience as a fitness club manager.
- Holds Certificate of Education.
- Cardiac rehabilitation specialist.

Your learning will include a blend of theory and practical with great emphasis on practice and reinforcing learning through action. You will often work with peers in group work with some independent learning also and will regularly evaluate your skills and progress. Learning sessions will be active, fun and interesting and you should find yourself inquisitive to learn more.

## WHERE WILL THE IN HOUSE SESSIONS BE?

Study within a unique setting: in our boutique fitness centre in the heart of Chester City Centre. You will be exposed to the industry and will learn in an environment where you can apply your knowledge effectively. Work experience placements will be included within the programme to develop your skills and knowledge of the industry.

2nd Floor, Longus House, 6 Newgate Row, Chester, CH1 1ER



## HOW DO I APPLY?



**ENQUIRE@CH1FITACADEMY.CO.UK**  
**OR CALL 01244 952911**  
**TO FIND OUT MORE!**





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*Learning with CH1 Fit Academy was really enjoyable. All of the tutors were knowledgeable, always bringing real life examples and making us enthusiastic and keen to learn. They were always there for us to answer and further explain whatever question we had. The virtual classes had a really good atmosphere, and we managed to have a good team spirit between the students regardless of the distance. It was a good starter course and giving valuable information about nutrition now it is my turn to implement the knowledge and enhance my fitness journey.*

**Erszebet Bernard**

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*I loved the level 2 Nutrition course with CH1 fit academy. The tutors were amazing and so supportive. I learnt so many things that I needed to know. Since completing the course I am now making better choices in my diet and understanding how the body works. I now know the reasons for why I am tired and moody and how I can change it through food. I have more energy, better skin and just feel much better within myself. I can also manage my weight through diet and not just exercise. So glad I decided to take part in the course. I would recommend it to anyone. Thanks CH1 for helping me to complete the course I really enjoyed it.*

**Gillian Orrett**

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*The nutrition course was really interesting and educational. It helped me have an understanding of why a balanced diet is important in order to have a healthy body an trial was thorough and gave all the information I needed to complete the course. I found the Zoom lessons with Adam, Deborah and Ceri filled in gaps, added further depth to the material and enabled them to share actual examples to support my learning. The lessons were interactive, with break off groups to share learning with other students and formulate answers to questions set by the trainers. I was kept engaged throughout the course with actions to achieve week by week and always knew I could contact Adam if I needed support. I am so pleased I took the opportunity to do the course.*

**Samantha Taylor**

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*Teacher training with Deborah McVey was life changing for me. There are certain teachers who go beyond educating you in their specialist field. Teachers that open your mind for you to gain real understanding, not just textbook facts. Deborah has this ability and more...and every student will leave with improved self-belief. After attending courses with Deborah, I have gone on to build a super successful career in health, nutrition and fitness. Having knowledge and qualifications is a minimum requirement but what is essential is caring. Deborah cares and I couldn't recommend her teacher training more. I will be forever grateful our paths crossed.*

**Paula Lamb**

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*Deborah encouraged me to reflect upon limits that I had previously set myself. Through her ability to recognise my strengths, I was able to reach far further in my studies and career. Deborah's teaching is a powerful combination of providing guidance in a positive, nurturing environment and bringing out the very best in her learners.*

**Victoria Mitchell**

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*When I started working with Deborah, I was totally new to being a tutor she instinctively knew how to guide and encourage me. Deborah was always positive and supportive, and she would explain complicated subject matter in a way that she knew I would understand. I feel Deborah is so passionate about getting the best for and from people which I feel is a fantastic skill to have. I was so grateful and happy to have had such as professional, lovely mentor in my first years as a tutor.*

**Lorraine Hughes**

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