



THE FITNESS EDUCATION ACADEMY – COURSE DATES 2022

COURSE DATES	ASSESSMENT DATES	VENUE
GYM INSTRUCTOR		
<i>ONLINE DAYS</i>		
21 st , 22 nd , 23 rd January		ONLINE
25 th , 26 th , 27 th March		ONLINE
29 th , 30 th April, 1 st May		ONLINE
8 th , 9 th , 10 th July		ONLINE
5 th , 6 th , 7 th August		ONLINE
23 rd , 24 th , 25 th September		ONLINE
21 st , 22 nd , 23 rd October		ONLINE
<i>PRACTICAL DAYS</i>		
28 th , 29 th , 30 th January	5 th February	EDINBURGH
4 th , 5 th , 6 th February	12 th February	ABERDEEN
1 st , 2 nd , 3 rd April	9 th April	FIFE
6 th , 7 th , 8 th May	14 th May	GLASGOW
27 th , 28 th , 29 th May	4 th June	NEWCASTLE
15 th , 16 th , 17 th July	23 rd July	EDINBURGH
12 th , 13 th , 14 th August	20 th August	FIFE
30 th September, 1 st , 2 nd October	8 th October	ABERDEEN
28 th , 29 th , 30 th October	5 th November	GLASGOW
18 th , 19 th , 20 th November	26 th November	EDINBURGH
PERSONAL TRAINING		
18 th , 19 th , 20 th , 26 th , 27 th February	5 th March	EDINBURGH
25 th , 26 th , 27 th February, 5 th , 6 th March	12 th March	ABERDEEN
13 th , 14 th , 15 th , 21 st , 22 nd May	28 th May	FIFE
4 th , 5 th , 11 th , 12 th , 18 th June	25 th June	GLASGOW
1 st , 2 nd , 3 rd , 9 th , 10 th July	16 th July	NEWCASTLE
5 th , 6 th , 7 th , 13 th , 14 th August	20 th August	EDINBURGH
9 th , 10 th , 11 th , 17 th , 18 th September	24 th September	FIFE
14 th , 15 th , 16 th , 22 nd , 23 rd October	29 th October	ABERDEEN
2 nd , 3 rd , 4 th , 10 th , 11 th December	17 th December	EDINBURGH
GROUP TRAINING		
28 th , 29 th , 30 th January, 5 th , 6 th February	12 th February	PENICUIK
20 th , 21 st , 22 nd , 28 th , 29 th May	4 th June	ABERDEEN
7 th , 8 th , 9 th , 15 th , 16 th October	22 nd October	FIFE
GROUP EXERCISE TO MUSIC (days above plus)		
19 th , 20 th February	12 th March	PENICUIK
2 nd , 3 rd July	9 th July	PENICUIK
29 th , 30 th October	5 th November	PENICUIK
LEVEL 3 LONG-TERM CONDITIONS		
ONLINE/HOME STUDY	ONLINE	ONLINE
LEVEL 3 PRE AND POST NATAL		
23 rd April		ONLINE
3 rd September		ONLINE

12 th November		ONLINE
LEVEL 4 CERTIFICATE IN STRENGTH AND CONDITIONING		
8 th , 9 th , 15 th , 16 th October		GLASGOW
LEVEL 3 DIPLOMA IN INSTRUCTING PILATES MATWORK		
26 th , 27 th February, 5 th , 6 th March	TBC	PENICUIK
11 th , 12 th , 18 th , 19 th June	TBC	VIRTUAL
27 th , 28 th August, 3 rd , 4 th September	TBC	NEWCASTLE
12 th , 13 th , 19 th , 20 th November	TBC	FIFE
LEVEL 3 DIPLOMA IN SPORTS MASSAGE		
9 th , 10 th , 16 th , 17 th , 23 rd , 24 th April	TBC	PENICUIK
30 th , 31 st July, 6 th , 7 th , 13 th , 14 th August	TBC	PENICUIK
GROUP INDOOR CYCLING		
21 st , 22 nd January	ON COURSE	PENICUIK
16 th , 17 th April	ON COURSE	FIFE
29 th , 30 th August	ON COURSE	PENICUIK
1 st , 2 nd October	ON COURSE	GLASGOW
LEVEL 2 AWARD IN MENTAL HEALTH AWARENESS		
4 th April	ONLINE	ONLINE
10 th October	ONLINE	ONLINE
LEVEL 4 CERTIFICATE IN DELIVERING PHYSICAL ACTIVITY FOR ADULTS WITH MENTAL HEALTH CONDITIONS		
IN-HOUSE ONLY	ON COURSE AND CASE STUDY	
LEVEL 3 AWARD IN NUTRITION FOR EXERCISE AND HEALTH		
Flexible start date (home learning)	ARRANGED WITH FEA	N/A
SUSPENDED BODYWEIGHT		
8 th , 9 th March	ON COURSE	PENICUIK
23 rd , 24 th July	ON COURSE	FIFE
2 nd , 3 rd September	ON COURSE	ABERDEEN
KETTLEBELL INSTRUCTOR		
1 st , 2 nd February	ON COURSE	PENICUIK
30 th April, 1 st May	ON COURSE	STIRLING
5 th , 6 th July	ON COURSE	FIFE
8 th , 9 th November	ON COURSE	PENICUIK
BOOT CAMP INSTRUCTOR		
12 th , 13 th April	ON COURSE	PENICUIK
23 rd , 24 th July	ON COURSE	ABERDEEN
23 rd , 24 th August	ON COURSE	PENICUIK
OLYMPIC WEIGHTLIFTING	TBC	TBC
BOXFIT INSTRUCTOR		
5 th , 6 th March	ON COURSE	STIRLING
3 rd , 4 th May	ON COURSE	PENICUIK
4 th , 5 th October	ON COURSE	PENICUIK
STUDIO RESISTANCE		
7 th , 8 th May	ON COURSE	STIRLING
EMERGENCY FIRST AID AT WORK		
31 st January		PENICUIK
23 rd July		PENICUIK
28 th November		PENICUIK
ONLINE WORKSHOPS – FLEXIBLE START DATES		ONLINE

NB – some courses also include other assessments as well as the one on the assessment date, this could be a case study, assignments, product evidence etc.

THE FITNESS EDUCATION ACADEMY – PRICE LIST 2021/22

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
Group Training (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 Diploma 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 two 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 3 Long-Term Conditions (new Exercise Referral)	£700	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 4 Certificate in Strength and Conditioning	£1200	20 points
Level 3 Award in Supporting Pre and Post Natal Clients with Exercise & Nutrition	£350	16 points
Level 3 Diploma in Pilates Matwork	£1650	20 points
Level 3 Diploma in Sports Massage Therapy	£1600	16 points
FEA Group Indoor Cycling	£200	16 points
Level 2 Award in Mental Health Awareness	£250	
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 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 Award in the Internal Quality Assurance of Assessment Processes and Practice	£700	20 points
Online workshops	£50	N/A

