



The Fitness Education Academy – Course dates 2016

YMCA AWARDS LEVEL 2 CERTIFICATE IN FITNESS INSTRUCTING – GYM (includes REPs registration)	ASSESSMENT DATE	AREA
15 th , 16 th , 17 th , 23 rd , 24 th January (3 spaces remaining)	30 th or 31 st January	EDINBURGH
5 th , 6 th , 7 th , 13 th , 14 th February (full)	20 th or 21 st February	ABERDEEN
26 th , 27 th , 28 th February and 5 th , 6 th March	12 th or 13 th March	KIRKCALDY, FIFE
25 th , 26 th , 27 th March and 2 nd , 3 rd April (limited spaces)	9 th or 10 th April	EAST KILBRIDE
22 nd , 23 rd , 24 th , 30 th April and 1 st May	7 th or 8 th May	EDINBURGH
27 th , 28 th , 29 th May and 4 th , 5 th June	11 th or 12 th June	KIRKCALDY, FIFE
17 th , 18 th , 19 th , 25 th , 26 th June	2 nd or 3 rd July	ABERDEEN
24 th , 25 th , 26 th June and 2 nd , 3 rd July	9 th or 10 th July	EAST KILBRIDE
22 nd , 23 rd , 24 th , 30 th , 31 st July	6 th or 7 th August	EDINBURGH
26 th , 27 th , 28 th August and 3 rd , 4 th September	10 th or 11 th September	KIRKCALDY, FIFE
23 rd , 24 th , 25 th September and 1 st , 2 nd October	8 th or 9 th October	EAST KILBRIDE
14 th , 15 th , 16 th , 22 nd , 23 rd October	29 th or 30 th October	ABERDEEN
21 st , 22 nd , 23 rd , 29 th , 30 th October	5 th or 6 th November	EDINBURGH
25 th , 26 th , 27 th November and 3 rd , 4 th December	10 th or 11 th December	KIRKCALDY, FIFE
YMCA AWARDS LEVEL 2 CERTIFICATE IN FITNESS INSTRUCTING – EXERCISE TO MUSIC (includes REPs registration and step instructor course)	ASSESSMENT DATES	AREA
29 th , 30 th , 31 st January and 6 th , 7 th February (limited spaces)	13 th or 14 th February	KIRKCALDY, FIFE
18 th , 19 th , 20 th , 26 th , 27 th March	9 th or 10 th April	PENICUIK
20 th , 21 st , 22 nd , 28 th , 29 th May	11 th or 12 th June	PENICUIK
5 th , 6 th , 7 th , 13 th , 14 th August	20 th or 21 st August	KIRKCALDY, FIFE
23 rd , 24 th , 25 th September and 1 st , 2 nd October	15 th or 16 th October	PENICUIK
7 th , 8 th , 9 th , 15 th , 16 th October	22 nd or 23 rd October	ABERDEEN
11 th , 12 th , 13 th , 19 th , 20 th November	3 rd or 4 th December	EAST KILBRIDE
YMCA AWARDS LEVEL 3 CERTIFICATE IN PERSONAL TRAINING (includes REPs registration plus one free FEA CPD course)	PRACTICAL ASSESSMENT DATE	AREA
6 th , 7 th , 13 th , 14 th , 20 th February (limited spaces)	6 th March	EDINBURGH
12 th , 13 th , 19 th , 20 th , 26 th March (2 spaces remaining)	10 th April	ABERDEEN
19 th , 20 th , 26 th , 27 th March and 2 nd April	17 th April	COWDENBEATH, FIFE
23 rd , 24 th , 30 th April and 1 st , 7 th May	22 nd May	EAST KILBRIDE
28 th , 29 th May and 4 th , 5 th , 11 th June	26 th June	EDINBURGH
2 nd , 3 rd , 9 th , 10 th , 16 th July	31 st July	COWDENBEATH, FIFE
18 th , 19 th , 20 th , 21 st , 22 nd July	31 st July	ABERDEEN
20 th , 21 st , 27 th , 28 th August and 3 rd September	18 th September	EDINBURGH
1 st , 2 nd , 8 th , 9 th , 15 th October	30 th October	COWDENBEATH, FIFE
19 th , 20 th , 26 th , 27 th November and 3 rd December	18 th December	EDINBURGH
YMCA AWARDS LEVEL 2 AND LEVEL 3 PERSONAL TRAINING BUNDLE – choose from level 2 gym instructor and level 3 personal training dates above		
YMCA AWARDS LEVEL 3 DIPLOMA IN EXERCISE REFERRAL	PRACTICAL ASSESSMENT DATE	AREA
1 st , 2 nd , 3 rd April	TBC	EDINBURGH
12 th , 13 th , 14 th August	TBC	EAST KILBRIDE
9 th , 10 th , 11 th December	TBC	EDINBURGH
ACTIVE IQ LEVEL 4 CERTIFICATE IN DELIVERING PHYSICAL ACTIVITY FOR INDIVIDUALS WITH MENTAL HEALTH CONDITIONS	ASSESSMENT	AREA
27 th , 28 th June	TBC	COWDENBEATH, FIFE
3 rd , 4 th October	TBC	PENICUIK
ACTIVE IQ AWARD IN DESIGNING PRE AND POST NATAL EXERCISE PROGRAMMES		AREA
14 th February	Case study	PENICUIK
5 th May	Case study	EAST KILBRIDE
25 th August	Case study	COWDENBEATH, FIFE
4 th November	Case study	PENICUIK

YMCA AWARDS LEVEL 2 EXERCISE AND PHYSICAL ACTIVITY FOR CHILDREN		AREA
1 st , 2 nd , 3 rd February	Video assessment	PENICUIK
8 th , 9 th , 10 th June	Video assessment	KIRKCALDY, FIFE
10 th , 11 th , 12 th October	Video assessment	PENICUIK
YMCA LEVEL 2 AWARD IN GROUP INDOOR CYCLING	Assessments	AREA
17 th , 18 th February	On course	DUNFERMLINE, FIFE
28 th , 29 th April	On course	ABERDEEN
22 nd , 23 rd June	On course	PENICUIK
20 th , 21 st August	On course	EAST KILBRIDE
8 th , 9 th November	On course	PENICUIK
FEA GROUP INDOOR CYCLING	Assessments	AREA
31 st March and 1 st April	On course	FIFE COLLEGE
FEA SUSPENDED BODYWEIGHT		AREA
7 th , 14 th February (full)	On course	PENICUIK
8 th , 15 th May	On course	PENICUIK
24 th , 25 th August	On course	ABERDEEN
25 th , 26 th October	On course	PENICUIK
FEA KETTLEBELL INSTRUCTOR		AREA
10 th , 11 th February (full)	On course	DUNFERMLINE, FIFE
4 th , 5 th April	On course	FIFE COLLEGE
30 th April, 1 st May	On course	ABERDEEN
2 nd , 3 rd May	On course	LIVINGSTON
4 th , 5 th August	On course	EAST KILBRIDE
6 th , 13 th November	On course	PENICUIK
FEA BOOTCAMP INSTRUCTOR		AREA
16 th , 23 rd March	On course	PENICUIK
17 th and 24 th July	On course	PENICUIK
FEA STUDIO RESISTANCE		AREA
28 th February, 6 th March	On course	PENICUIK
19 th , 26 th June	On course	PENICUIK
6 th , 13 th November	On course	PENICUIK
FEA GROUP HIIT		AREA
30 th March and 6 th April	On course	PENICUIK
10 th , 17 th August	On course	PENICUIK
FEA STUDIO COMBAT		AREA
2 nd , 9 th March	On course	PENICUIK
5 th , 12 th November	On course	PENICUIK
FEA CIRCUIT TRAINING		AREA
4 th , 11 th March (full)	On course	PENICUIK
29 th June and 6 th July	On course	PENICUIK
FEA SPORTS CONDITIONING	Assessments	AREA
15 th , 22 nd April	Case study	PENICUIK
14 th , 28 th October	Case study	PENICUIK
FEA STEP INSTRUCTOR		AREA
13 th , 20 th February	On course	PENICUIK
14 th , 21 st May	On course	KIRKCALDY
FIRST AID AT WORK		AREA
4 th , 5 th , 6 th March	On course	PENICUIK
29 th , 30 th , 31 st July	On course	PENICUIK
25 th , 26 th , 27 th November	On course	PENICUIK
EMERGENCY FIRST AID AT WORK		AREA
4 th March	On course	PENICUIK
29 th July	On course	PENICUIK
25 th November	On course	PENICUIK
LEVEL 2 THEORY UNITS ONLY (if chosen to do as separate units)	Flexible start date and assessment dates	E-LEARNING
LEVEL 3 ANATOMY AND PHYSIOLOGY (if chosen to do as a separate unit)	Flexible start date and assessment date	E-LEARNING

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



The Fitness Education Academy – Price List 2016

Qualification	Price	REPs info
YMCA Awards – 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
YMCA Awards – 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
YMCA Awards - 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
YMCA Awards - 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
YMCA Awards - 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
YMCA Awards - Level 4 Certificate in Delivering Physical Activity for Adults with Mental Health Conditions	£600	Entry at level 4 20 points
YMCA Awards - Level 3 Diploma in Exercise Referral	£600	20 points
Active IQ Level 3 Award in Designing Pre and Post Natal Exercise Programmes	£350	16 Points
YMCA Awards - Level 2 Group Indoor Cycling	£250	16 points
FEA Group Indoor Cycling	£200	16 points
YMCA Awards - Level 2 Award in Walk Leading	£300	16 points
YMCA Awards - Level 3 Award in Outdoor Fitness	£300	16 points
YMCA Awards - 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
YMCA Awards - Level 3 Anatomy and Physiology Theory	£300	n/a
YMCA Awards - Level 2 Mandatory Units (theory only)	£200	n/a
Active IQ – Level 3 Award in Assessing Vocationally Related Achievement	£600	20 points
Active IQ – Level 3 Award in Education and Training	£700	20 points
Active IQ – Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice	£700	20 points

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WE ALSO TEACH IN-HOUSE COURSES FOR FACILITIES (MINIMUM 6 CANDIDATES)

