



THE FITNESS EDUCATION ACADEMY – COURSE DATES 2021

COURSE DATES	ASSESSMENT DATES	VENUE
GYM INSTRUCTOR		
15 th , 16 th , 17 th , 23 rd , 24 th January	30 th January	HAMILTON
29 th , 30 th , 31 st January, 6 th , 7 th February	13 th February	EDINBURGH
19 th , 20 th , 21 st , 27 th , 28 th March	3 rd /4 th April	ABERDEEN
23 rd , 24 th , 25 th April and 1 st , 2 nd May	8 th May	KIRKCALDY
21 st , 22 nd , 23 rd , 29 th , 30 th May	5 th June	HAMILTON
25 th , 26 th , 27 th June and 3 rd , 4 th July	10 th July	EDINBURGH
6 th , 7 th , 8 th , 14 th , 15 th August	21 st /22 nd August	ABERDEEN
27 th , 28 th , 29 th August and 4 th , 5 th September	11 th September	KIRKCALDY
17 th , 18 th , 19 th , 25 th , 26 th September	2 nd October	HAMILTON
8 th , 9 th , 10 th , 16 th , 17 th October	23 rd October	EDINBURGH
22 nd , 23 rd , 24 th , 30 th , 31 st October	6 th /7 th November	ABERDEEN
11 th , 12 th , 13 th , 20 th , 21 st November	27 th November	KIRKCALDY
26 th , 27 th , 28 th November, 4 th , 5 th December	11 th December	HAMILTON
PERSONAL TRAINING		
12 th , 13 th , 14 th , 20 th , 21 st February	27 th February	HAMILTON
26 th , 27 th , 28 th February, 6 th , 7 th March	13 th March	EDINBURGH
23 rd , 24 th , 25 th April, 1 st , 2 nd May	8 th /9 th May	ABERDEEN
28 th , 29 th , 30 th May, 5 th , 6 th June	12 th June	KIRKCALDY
2 nd , 3 rd , 4 th , 10 th , 11 th July	17 th July	HAMILTON
30 th , 31 st July, 1 st , 7 th , 8 th August	14 th August	EDINBURGH
10 th , 11 th , 12 th , 18 th , 19 th September	25 th , 26 th September	ABERDEEN
15 th , 16 th , 17 th , 23 rd , 24 th October	30 th October	KIRKCALDY
22 nd , 23 rd , 24 th , 30 th , 31 st October	6 th November	HAMILTON
19 th , 20 th , 21 st , 27 th , 28 th November	4 th December	EDINBURGH
GROUP TRAINING		
22 nd , 23 rd , 24 th , 30 th , 31 st January	6 th /7 th February	ABERDEEN
12 th , 13 th , 14 th , 20 th , 21 st March	27 th /28 th March	HAMILTON
7 th , 8 th , 9 th , 15 th , 16 th May	22 nd /23 rd May	PENICUIK
9 th , 10 th , 11 th , 17 th , 18 th July	24 th /25 th July	ABERDEEN
1 st , 2 nd , 3 rd , 9 th , 10 th October	16 th /17 th October	PENICUIK
GROUP EXERCISE TO MUSIC (days above plus)		
13 th , 14 th February	20 th February	PENICUIK
3 rd , 4 th April	10 th April	PENICUIK
29 th , 30 th May	5 th June	PENICUIK
31 st July, 1 st August	7 th August	PENICUIK
LEVEL 3 EXERCISE REFERRAL		
5 th , 6 th February	13 th February	KIRKCALDY
LEVEL 3 PRE AND POST NATAL		
5 th March	Case study	ONLINE
18 th June	Case study	ONLINE

27 th August	Case study	ONLINE
15 th October	Case study	ONLINE
LEVEL 3 DIPLOMA IN INSTRUCTING PILATES MATWORK		
27 th , 28 th February, 6 th , 7 th March	VIDEO	PENICUIK
5 th , 6 th , 12 th , 13 th June	VIDEO	ABERDEEN
4 th , 5 th , 11 th , 12 th September	VIDEO	HAMILTON
EXERCISE AND PHYSICAL ACTIVITY FOR CHILDREN		
9 th , 10 th , 11 th April	VIDEO	PENICUIK
20 th , 21 st , 22 nd August	VIDEO	HAMILTON
12 th , 13 th , 14 th November	VIDEO	ABERDEEN
GROUP INDOOR CYCLING		
11 th , 12 th February	ON COURSE	PENICUIK
31 st March, 1 st April	ON COURSE	KIRKCALDY
29 th , 30 th May	ON COURSE	ABERDEEN
16 th , 17 th July	ON COURSE	PENICUIK
25 th , 26 th October	ON COURSE	KIRKCALDY
20 th , 21 st November	ON COURSE	HAMILTON
LEVEL 2 AWARD IN MENTAL HEALTH AWARENESS		
16 th April	ONLINE	PENICUIK
23 rd July	ONLINE	PENICUIK
29 th October	ONLINE	PENICUIK
LEVEL 4 CERTIFICATE IN DELIVERING PHYSICAL ACTIVITY FOR ADULTS WITH MENTAL HEALTH CONDITIONS		
8 th , 9 th February	ON COURSE AND CASE STUDY	ONLINE
3 rd , 4 th May	ON COURSE AND CASE STUDY	ONLINE
20 th , 21 st September	ON COURSE AND CASE STUDY	ONLINE
LEVEL 4 STRENGTH AND CONDITIONING		
10 th , 11 th , 17 th , 18 th April	8 WEEKS LATER (TBC)	BRECHIN
19 th , 20 th , 26 th , 27 th June	8 WEEKS LATER (TBC)	HAMILTON
LEVEL 3 AWARD IN NUTRITION FOR EXERCISE AND HEALTH		
Flexible start date (home learning)	ARRANGED WITH FEA	N/A
SUSPENDED BODYWEIGHT		
23 rd , 24 th February	ON COURSE	PENICUIK
7 th , 8 th April	ON COURSE	ABERDEEN
17 th , 18 th May	ON COURSE	KIRKCALDY
27 th , 28 th August	ON COURSE	PENICUIK
4 th , 5 th October	ON COURSE	HAMILTON
23 rd , 24 th November	ON COURSE	PENICUIK
KETTLEBELL INSTRUCTOR		
17 th , 18 th February	ON COURSE	PENICUIK
12 th , 13 th April	ON COURSE	KIRKCALDY
4 th , 5 th August	ON COURSE	HAMILTON
19 th , 20 th October	ON COURSE	PENICUIK
BOOT CAMP INSTRUCTOR		
29 th , 30 th March	ON COURSE	PENICUIK
12 th , 13 th May	ON COURSE	KIRKCALDY
6 th , 7 th June	ON COURSE	PENICUIK
20 th , 21 st August	ON COURSE	HAMILTON
OLYMPIC WEIGHTLIFTING		

3 rd , 4 th February	VIDEO	HAMILTON
21 st , 22 nd June	VIDEO	BRECHIN
9 th , 10 th November	VIDEO	HAMILTON
BOXFIT INSTRUCTOR		
	ON COURSE	PENICUIK
	ON COURSE	MINTLAW
	ON COURSE	PENICUIK
	ON COURSE	PENICUIK
CIRCUIT TRAINING		
TBC		
GROUP HIIT		
TBC		
STEP INSTRUCTOR		
22 nd , 23 rd March	ON COURSE	PENICUIK
5 th , 6 th July	ON COURSE	PENICUIK
6 th , 7 th December	ON COURSE	PENICUIK
STUDIO RESISTANCE		
IN HOUSE ONLY		
STUDIO COMBAT		
IN HOUSE ONLY		
EMERGENCY FIRST AID AT WORK		
25 th January (BRYAN)		PENICUIK
19 th April (BRYAN)		HAMILTON
28 th June (BRYAN)		KIRKCALDY
25 th November (BRYAN)		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.

Active iQ



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
Exercise to Music (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 Certificate 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 one 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 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
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 Designing Pre and Post Natal Exercise Programmes	£350	16 points
Level 3 Diploma in Instructing Mat Pilates	£1650	20 points
Level 2 Group Indoor Cycling	£250	16 points
FEA Group Indoor Cycling	£200	16 points
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 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
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 Certificate in Advanced Personal Training	£700	
Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice	£700	20 points
Level 2 Award in Mental Health Awareness	£250	
Online workshops	FREE DURING LOCKDOWN	N/A