



COURSE DATES 2023

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



LEVEL 3 DIPLOMA IN INSTRUCTING PILATES MATWORK		
13 th , 14 th , 20 th , 21 st May	TBC	PENICUIK
8 th , 9 th , 15 th , 16 th July	TBC	ABERDEEN
30 th September, 1 st , 7 th , 8 th October	TBC	PENICUIK
LEVEL 3 DIPLOMA IN TEACHING YOGA		
1 st , 2 nd , 8 th , 9 th , 15 th , 16 th July	TBC	PENICUIK
LEVEL 3 DIPLOMA IN SPORTS MASSAGE		
11 th , 12 th , 18 th , 19 th , 25 th , 26 th March	TBC	PENICUIK
29 th , 30 th July, 5 th , 6 th , 12 th , 13 th August	TBC	PENICUIK
GROUP INDOOR CYCLING		
23 rd , 24 th February	ON COURSE	PENICUIK
7 th , 8 th June	ON COURSE	ABERDEEN
21 st , 22 nd September	ON COURSE	GLASGOW
16 th , 17 th November	ON COURSE	PENICUIK
LEVEL 2 AWARD IN MENTAL HEALTH AWARENESS		
31 st March	ONLINE	ONLINE
29 th September	ONLINE	ONLINE
LEVEL 4 CERTIFICATE IN DELIVERING PHYSICAL ACTIVITY FOR ADULTS WITH MENTAL HEALTH CONDITIONS		
29 th , 30 th April	ON COURSE AND CASE STUDY	VIRTUAL
25 th , 26 th November	ON COURSE AND CASE STUDY	VIRTUAL
(NEW) PHYSICAL ACTIVITY FOR CHILDREN		
10 th , 11 th , 12 th March	ON COURSE/VIDEO	PENICUIK
13 th , 14 th , 15 th October	ON COURSE/VIDEO	PENICUIK
SUSPENDED BODYWEIGHT		
6 th , 7 th May	ON COURSE	FIFE
30 th September, 1 st October	ON COURSE	ABERDEEN
KETTLEBELL INSTRUCTOR		
11 th , 12 th April	ON COURSE	PENICUIK
10 th , 11 th October	ON COURSE	PENICUIK
21 st , 22 nd November	ON COURSE	ABERDEEN
BOOT CAMP INSTRUCTOR		
25 th , 26 th April	ON COURSE	PENICUIK
27 th , 28 th May	ON COURSE	ABERDEEN
3 rd , 4 th October	ON COURSE	PENICUIK
BOXFIT INSTRUCTOR		
27 th , 28 th February	ON COURSE	ABERDEEN
19 th , 20 th June (NEARLY FULL)	ON COURSE	PENICUIK
4 th , 5 th December	ON COURSE	GLASGOW
OLYMPIC WEIGHT-LIFTING		
15 th , 16 th April (NEARLY FULL)	ON COURSE	GLASGOW
24 th , 25 th August	ON COURSE	PENICUIK
2 nd , 3 rd December	ON COURSE	PENICUIK
EMERGENCY FIRST AID AT WORK		
6 th March		PENICUIK
26 th June		PENICUIK
16 th October		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.



PRICE LIST

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 As Gym Instructor practitioner
Group Training (theory and practical, includes Emergency First Aid)	£600 if paid in full on booking or £650 for other payment options	Entry at level 2 as Group Exercise Instructor practitioner
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 as Personal Trainer practitioner
Level 3 Personal Training Bundle (includes level 2 gym, level 3 personal training plus two CPD courses, Emergency First Aid and online workshops)	£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	See above Gym/Personal Trainer options
Level 3 Long-Term Conditions (new Exercise Referral)	£700	10 points
Level 4 Certificate in Delivering Physical Activity for Adults with Mental Health Conditions	£600	10 points
Level 4 Certificate in Strength and Conditioning	£1200	10 points
Level 3 Award in Supporting Pre and Post Natal Clients with Exercise & Nutrition	£350	10 points
Level 3 Diploma in Pilates Matwork	£1650	Entry level 3 as Pilates Instructor Associate
Level 3 Diploma in Teaching Yoga	£1100	10 points
Level 3 Diploma in Sports Massage Therapy	£1600	10 points
FEA Group Indoor Cycling	£200	10 points
Level 2 Award in Mental Health Awareness	£250	7.5 points
Level 3 Nutrition for Physical Activity	£300	
FEA Step Instructor	£200	10 points
FEA Studio Resistance Instructor	£200	10 points
FEA Boot Camp Instructor	£200	10 points
FEA Suspended Bodyweight Instructor	£200	10 points
FEA Kettlebell Instructor	£200	10 points
FEA Studio Combat Instructor	£200	10 points
First Aid at Work	£250	
Emergency First Aid at Work	£70	
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	10 points
Level 3 Award in Education and Training	£700	10 points
Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice	£700	10 points
Online workshops	£50	N/A

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