

FITNESS INSTRUCTION & PERSONAL TRAINING AT HARROW COLLEGE

The fitness industry is one of the fastest growing professions in the UK and starting a career as a fitness instructor or personal trainer can be an exciting and rewarding experience.

Harrow
COLLEGE



As a level 2 fitness instructor you will be able to seek employment in commercially and privately owned fitness clubs, however there is a growing demand for high quality personal trainers and the personal training diploma will enable you to gain meaningful employment within a fitness centre or alternatively start up your own personal training business.

If you enjoy meeting new people, helping people achieve their health and fitness goals and like variety in your daily routine then the fitness profession is for you.

To be successful in the industry you need to have good levels of communication and be an enthusiastic ambassador of health and fitness.

The diplomas on offer at Harrow College will provide you with the skills to be the best within your field.

Level 2 Diploma in Fitness Instruction

The Level 2 Fitness Instructing Diploma is a one year programme for 16-18 year olds. It is an internationally industry-recognised course and has REPs Level 2 approval.

Throughout the courses you will gain knowledge, understanding and skills to be able to plan and deliver safe and effective exercise sessions as well as develop your understanding of health, nutrition, finance, first aid and Workskills. It will also give you the platform to progress to the level 3 Diploma in Personal Training.

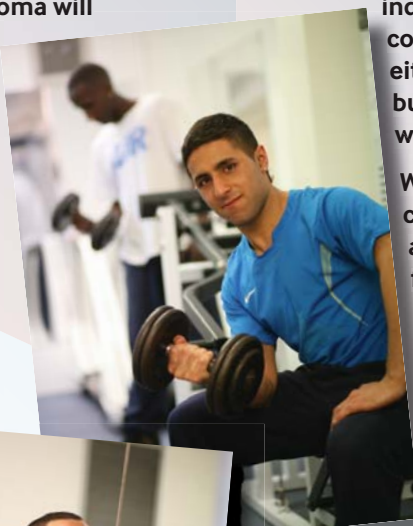
Level 3 Diploma in Personal Training (Coming Sept 2012)

The Level 3 Diploma in Personal Training is a one year programme for 16-18 year olds. It is also an internationally industry-recognised qualification and has REPs Level 3 approval.

The course will give you the skills to be able to offer one-to-one training, baseline assessment, nutritional advice and progressive programming which is specific to the individual needs of a client. On successful completion of this course you could either set up your own personal training business or work as a personal trainer within a gym.

Working as a personal trainer is a flexible career option as you can work part-time and fit your clients around work/study/family or you can work full-time and you are guaranteed to have variety in your daily work life.

As a full-time instructor within a gym you can expect to earn up to £30,000 per year. As a freelance personal trainer you can expect to charge £20-£150 per hour depending on your experience and ability.



Evening Courses

Harrow College also offers evening, short, fitness courses for adults aged 19 plus. These courses are aimed at individuals who wish to pursue a different career path and can fit it in around work and family commitments.

These courses are offered two evenings a week for 10 weeks.

Courses offered from Sept 2011 include:

- The Level 2 Certificate in Fitness Instruction evening short course for 19+ learners

Courses coming soon!

- The Level 3 Certificate in Personal Training evening short course for 19+ learners

Contact www.harrow.ac.uk | enquiries@harrow.ac.uk
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