

# Fitness Academy Europe

The European leader in Health & Fitness Education



FITNESS ACADEMY EUROPE  
ACTIVE BODY | ACTIVE MIND

## EDUCATION PROSPECTUS

[WWW.FAE.EDU.MT](http://WWW.FAE.EDU.MT)



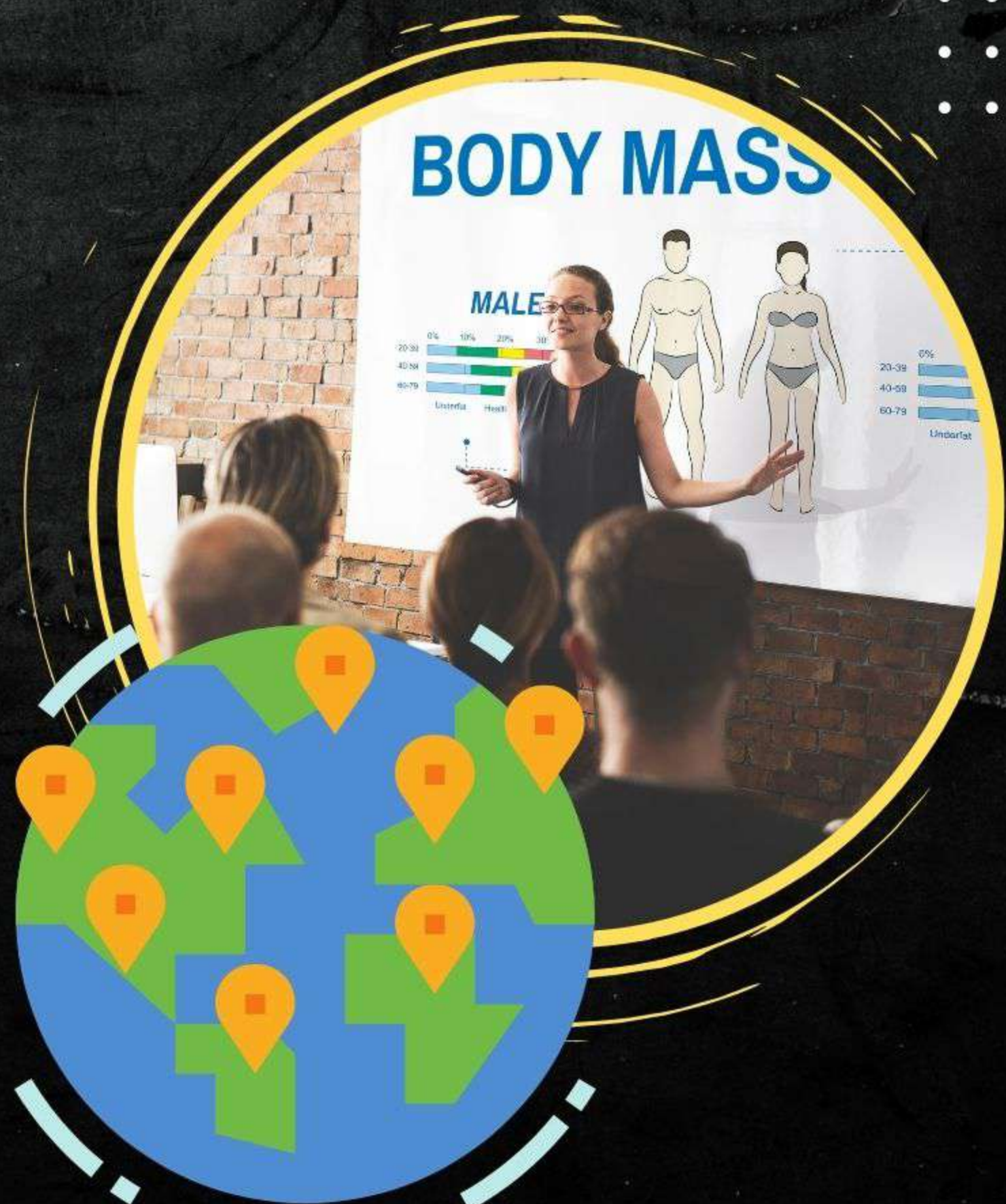




# ABOUT US

**FAE** is the European leader in fitness education and certification. **FAE** has grown exponentially within the health and fitness sector, now enrolling more personal training graduates than any other training provider in the EU and the Middle East.

We deliver inclusive and insightful education that emphasizes practical training. We are committed to joining together new and experienced fitness professionals. We want to bring all people together to serve one purpose and learn to prioritize health. We believe that working towards mutual goals can change the world for the better.







# ACCREDITATION



## F AE Accreditation

Each one of FAE's qualifications is recognised, in the EU, UK, and beyond. FAE Courses are fully endorsed by CIMSPA and EREPS which are the professional development bodies for the UK and EU's Health and fitness activity sector. FAE has also been approved and licensed by MFHEA, the Malta's Further and Higher Education Authority as a Further and Higher education Institution.







## PAYMENT METHODS



### Payment Methods

FAE Qualifications offer a range of payment methods. You can choose to pay for your course upfront via our website or by WhatsApp at **+35679319555**.

Equally, via the website, or by calling, you can pay for your personal training course in **0%** interest monthly installments over a period of 4 or 6 months.

FAE Qualifications are one of only a handful of training providers able to offer you funding to cover the costs of your course from the **Training Pays Scheme** or **Get Qualified Scheme**.







## PERSONAL TRAINER DIPLOMA



### Online Learning

At **FAE** we understand that you might not be able to attend a venue every time in order to ascertain your gym instructing and PT qualifications. You can complete the course at a pace and time frame that suits you as an individual.

All theory assignments can be completed in your own time in the leisure of your own home. Practical assessment must be completed at one of our internationally approved assessment centers under exam conditions.

FAE has 20 centers across the World to which you can book assessments via and with estimates running every other month from those locations.

### How will I learn?

You will study the course via our brand new e-learning platform located on the backend of our website. We know everyone learns differently and we don't have a one way fits all approach with lots of alternative resources for you use including:

- E-Books
- Manuals
- Interactive e-learning
- Interactive quizzes
- Online lectures
- Videos for guidance and demonstration







## PERSONAL TRAINER DIPLOMA



### PART-TIME

The part-time course is ideal if you feel you would benefit from more face-to-face interaction, but still like the flexibility that the online course provides. The part-time course gives you the best of both worlds! You will get the flexibility of when you can start and then attend our group-based workshops at your closest venue.

**FAE** has 20 bespoke training centers across the world, where you will attend practical workshops that run on Weekends to learn the practical aspects of the course on the gym floor and receive invaluable feedback on some of the work you have been completing at home. We normally recommend that you attend a minimum of 8 workshops prior to completion.



### Course Duration

You can still take as little or as long as you choose with this learning method and attend as many workshop days that you feel are necessary. If you stick to our work guidance and workshop attendance you will be qualified in **6-8 month**.







## THE COURSE IN DETAIL

### Level 3 Gym Instructing

#### What modules and topics are covered in both your fitness instructing and personal training courses?

Here we have broken down every unit and component of the course for you, so you can see what you will learn. Anatomy and Physiology for Exercise.

#### **Principles of anatomy, physiology and fitness**

- Understand the skeletal system and the effects of exercise
- Understand the neuromuscular system and the effects of exercise
- Understand the cardiovascular and respiratory systems and the effects of exercise
- Understand how energy is produced in the body and the effects of exercise on energy production
- Understand the structure and function of the digestive system
- Understand health and well-being
- Understand the components of fitness and the effects of exercise

#### **Health and safety in the fitness environment**

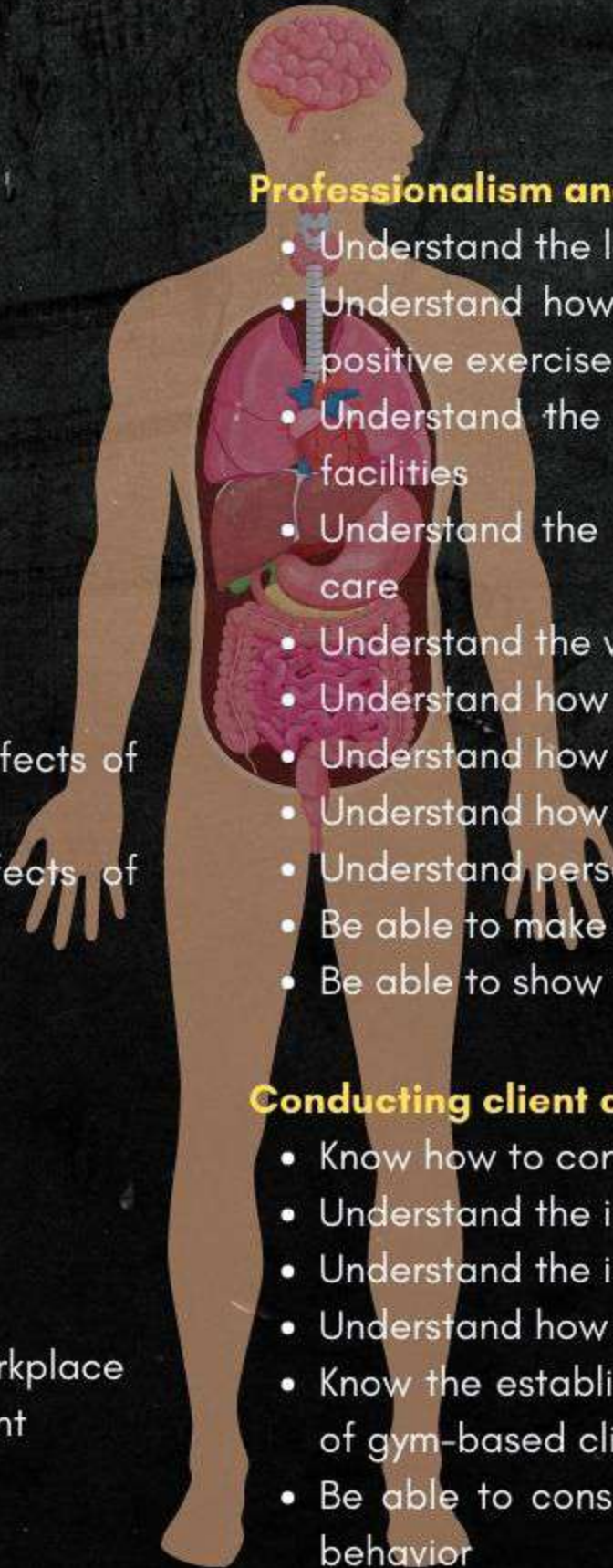
- Understand health and safety in the workplace
- Understand hazards and risks in a fitness environment
- Understand normal and emergency operating procedures in the workplace
- Understand how to maintain a safe and effective fitness environment
- Understand the cleaning requirements in fitness environments

#### **Professionalism and customer care for fitness instructors**

- Understand the legal and professional requirements for fitness instructing
- Understand how an instructor can help all types of customers to have a positive exercise experience
- Understand the products and services offered by fitness instructors and facilities
- Understand the skills and behaviors needed to deliver effective customer care
- Understand the value of first impressions
- Understand how to communicate clearly and effectively with customers
- Understand how to be polite and approachable with customers
- Understand how to interact with customers in different situations
- Understand personal and professional development
- Be able to make an excellent first impression on customers
- Be able to show the right attitude toward customer care

#### **Conducting client consultations to support positive behaviour change**

- Know how to consult and support clients to change exercise behavior
- Understand the importance of a healthy lifestyle
- Understand the importance of healthy eating
- Understand how technology can be used to support exercise adherence
- Know the established protocols for health screening and fitness assessment of gym-based clients
- Be able to consult/interview and support clients to change their exercise behavior







## Level 3 Gym Instructing

### Planning and instructing gym-based exercise

- Know how to plan a safe and effective gym-based exercise session
- Be able to plan a safe and effective gym-based exercise session
- Be able to deliver a safe and effective gym-based exercise programme
- Be able to encourage clients to increase physical activity and exercise adherence
- Be able to deliver a safe and effective gym-based induction to individuals and groups
- Be able to evaluate own practice

## Assessment

- Coursework/Project.
- Multiple Choice Examination.
- Portfolio of Evidence.
- Practical Demonstration/Assignment.

## Qualification structure summary

Learners must complete the five mandatory units

- 1** Principles of anatomy, physiology and fitness
- 2** Professionalism and customer care for fitness instructors
- 3** Health and safety in the fitness environment
- 4** Conducting client consultations to support positive behaviour change
- 5** Planning and instructing gym-based exercise







## THE COURSE IN DETAIL

### Level 4 Personal Training

**After successful completion of your Level 3 Gym Instructor Course, you will move on to completion of the following Level 4 Personal Training units and modules.**

Here we have broken down every unit and component of the course for you, so you can see what you will learn.

#### **Applied anatomy and physiology for exercise, health and fitness**

- Know the structure and function of the cardiovascular system in relation to health and fitness
- Know the structure and function of the skeletal system structure in relation to health and fitness
- Know the structure and function of the myofascial system in relation to health and fitness
- Know the structure and function of the nervous system in relation to health and fitness
- Know the structure and function of the endocrine system in relation to health and fitness
- Understand the role of the energy systems in relation to physical activity, exercise and training
- Know the structure and function of the digestive system in relation to health and fitness

#### **The principles of nutrition and their application to exercise and health**

- Understand how to access credible information about nutrition for exercise and health
- Know common nutritional terms related to exercise and health
- Know the nutrients required to maintain health
- Know how nutrients from food are used to fuel and recover from physical activity
- Know how to estimate daily energy and nutrient requirements for clients with different goals
- Know the risks of poor nutritional and lifestyle practices
- Know the nutritional considerations for specific client groups
- Be able to analyse clients' dietary habits and identify areas for improvement

#### **Understanding lifestyle, health, wellbeing and common medical conditions**

- Understand how lifestyle factors affect a client's health and wellbeing
- Understand commonly occurring medical conditions and how they may impact a client's lifestyle
- Understand how to risk-stratify and when to refer clients with common medical conditions







## Level 4 Personal Training

### Encouraging positive health and fitness behaviours in clients

- Understand the importance of communication skills to effectively communicate and engage with clients
- Understand techniques used to effectively communicate and engage with clients
- Understand techniques used to support clients making lifestyle behaviour changes
- Understand how to create a positive environment that motivates and empowers clients, to meet their desired goals
- Know how to collect and interpret health screening and fitness assessment data
- Understand how technological advancements can help clients increase their activity levels and stay motivated and focused
- Understand how to monitor and interpret client data from a range of current information technology (IT) applications
- Be able to establish rapport and engage clients in conversation about their health and fitness
- Be able to collect meaningful information about clients
- Be able to assess clients' readiness to change behaviour
- Be able to facilitate goal-setting and action planning
- Be able to provide relevant information to clients
- Be able to close sessions in a way that encourages ongoing client motivation and goal achievement
- Be able to use information technology (IT) applications in line with legislation and professional standards
- Be able to evaluate and adapt own communication styles

### Programme design and delivery for personal training

- Understand the principles of safe and effective personal training programme design
- Understand the principles of periodisation and how they can be used effectively to meet client goals and needs
- Know how to safely and effectively integrate the use of alternative environments into personal training sessions
- Know the considerations for planning and delivering group personal training sessions
- Understand the scope and professional boundaries of personal training pre and postnatal women
- Understand the scope and professional boundaries of personal training older adults
- Be able to design safe and effective personal training programmes and session plans
- Be able to provide a session introduction that prepares the client for exercise
- Be able to instruct safe and effective exercise technique
- Be able to monitor a client during exercise sessions
- Be able to provide motivation and encouragement
- Be able to monitor client progress and adapt the programme accordingly
- Be able to review client progress and satisfaction







## Level 4 Personal Training

### Professionalism and business acumen for personal trainers

- Understand the legal and professional requirements for personal training
- Understand health and safety in the workplace
- Understand the requirements of a self-employed individual
- Understand the legal and professional requirements for the management of personal information and records
- Understand marketing techniques and tactics
- Understand how to close a sale
- Understand how to set budgets and manage finances in a personal training business
- Understand how to monitor and interpret business data from a range of current information technology (IT) applications
- Understand how information technology (IT) applications are used to support effective business planning and delivery
- Understand the professional and personal importance of continuing professional development (CPD)
- Be able to plan and strategise to develop a successful personal training business

### Qualification structure summary

This qualification is comprised of six mandatory units

- 1** Applied anatomy and physiology for exercise, health and fitness
- 2** The principles of nutrition and their application to exercise and health
- 3** Understanding lifestyle, health, wellbeing and common medical conditions
- 4** Encouraging positive health and fitness behaviours in clients
- 5** Programme design and delivery for personal training
- 6** Professionalism and business acumen for personal trainers

### Assessment

- **Coursework/Project.**
- **Multiple Choice Examination.**
- **Portfolio of Evidence.**
- **Practical Demonstration/Assignment.**







# FURTHER SPECIALIST QUALIFICATIONS

FAE offers a diverse range of accredited Level 3, Level 4, and Level 5 Speciality Courses that you can either combine as part of a package or purchase in isolation. These sought-after qualifications will help you stand out from the crowd, enhance your potential earnings and increase your skill set within a particular discipline of training. All qualifications come with affiliated EREPs and NFPT points and count towards your professional membership and you can enter the EREPs register as a prestigious Level 4 status Trainer. Depending on which specialist qualification route appeals most to you, you will be able to work with clients within niche demographics that are not covered by the Personal Training diploma, allowing you to grow your client base faster and be considered an expert on a particular aspect of health and fitness. Additionally, you will be able to advertise and market yourself as an "Elite Fitness Trainer", ensuring you stand out from your competition in a busy marketplace. Less than 8% of trainers in the EU study up to Level 5 status and with FAE's fantastic Level 5 Packaged Promotions and discounted offers, you can get your career on the right path right from the start.



Sports Massage Specialist

Yoga Teacher

Nutrition Expert

Pilates Teacher

Exercise Referral Specialist



Youth Fitness Trainer

Pre and Postnatal Trainer

Senior Fitness Trainer

prediabetes Exercise Specialist

Weight Management Specialist







# STRENGTH AND CONDITIONING SPECIALIST

## LEVEL 5



★ ★ ★  
**5 STAR**  
RATING







# EXERCISE FOR HEALTH SPECIALIST

## LEVEL 5



★★★★★  
**5 STAR**  
RATING







**PERSONAL  
TRAINER**



# THANK YOU



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