



Excellence in Sport

The Canterbury Institute of Sport

at The Canterbury Academy

Academy for Personal Trainers



Rob Horswell Training

For more information email Jesse Sazant - Head of Elite Academies
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*Working in partnership with  Simon Langton Boys to provide a
grammar school band in a comprehensive school*

www.canterburyacademy.co.uk



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Programme Overview

The following courses are offered in partnership with Rob Horswell training who has been working in the fitness industry since 2000. Rob has been able to develop a highly experienced and successful team of tutors, assessors and associated staff who work within the delivery and certification of students. All staff have a minimum of 10 years experience of working within the industry with some of the country's top sporting bodies. Students develop skills required to gain certification, employment and to gain clients once completing the courses.

CYQ Level 3 Diploma in Personal Training (Gym-Based Exercise) – 1 Year Course

- CYQ Level 2 Certificate in Fitness Instruction
- CYQ Level 3 Certificate in Personal Training
- CYQ Level 3 Award in Nutrition for Physical Activity

This qualification is aimed at learners wishing to become a Personal Trainer who do not already hold the pre-requisite of Level 2 Fitness Instructing (Gym-Based Exercise). In addition to the planning and instructing of both Gym Based and Personal Training programmes, learners will cover; Anatomy and physiology (at levels 2 and 3); Health, safety and welfare in a fitness environment; Principles of exercise, fitness and health; How to support clients who take part in exercise and physical activity and the Application of the principles of nutrition within a physical activity programme.

CYQ Level 2 Diploma in Promoting Health & Wellness and CYQ Level 3 Diploma in Personal Training & Instruction – 2 Year Course

- CYQ Level 3 Certificate in Personal Training
- CYQ Level 3 Award in Nutrition for Physical Activity/Sports Conditioning/
Instructing Outdoor Fitness/Business & Marketing for the Fitness Professional
- CYQ Level 2 Certificate in Fitness Instruction
- CYQ Level 2 Award in Walk Leading/Nutrition for Healthy Living/ Community Activation

This qualification is aimed at individuals wanting to pursue a career in sport, health and wellness in the health, fitness and active leisure sectors. This will suit individuals who want to become fitness instructors and/or health/wellness advisers and for those considering employment/self-employment in different settings: health and fitness clubs and the wider community. The aim of this qualification is to recognise the skills, knowledge and competence required for an individual to work unsupervised as a personal trainer.

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