

# poultec

the training specialists

Fitness Training

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Tel: 01362 850983 [www.poultec.co.uk](http://www.poultec.co.uk) Email: [enquiries@poultec.co.uk](mailto:enquiries@poultec.co.uk)



# Apprenticeships

in Fitness

## *Fitness Apprenticeships*

Poultec has a track record of successfully delivering Apprenticeships for more than 15 years. Not only can we deliver the training required but we can also assist the employer in the recruitment of the Apprentice.

Poultec offers both the Level 2 Intermediate Apprenticeship and the Level 3 Advanced Apprenticeship which include the following qualifications;

### **Level 2 Intermediate Apprenticeship**

- Level 2 NVQ Diploma in Instructing Exercise and Fitness
- Level 1 Functional Skills Maths & English

### **Level 3 Advanced Apprenticeship**

- Level 3 NVQ Diploma in Personal Training
- Level 2 Functional Skills Maths & English

**YMCA**  
training

# Diplomas

In Fitness

## *Level 2 NVQ Diploma in Instructing Exercise and Fitness*

The Level 2 NVQ Diploma in Instructing Exercise and Fitness is for people aiming for a career as a Fitness Instructor. Delivered and assessed in the workplace, it is designed so that students can gain the knowledge and competence needed in a work-based setting. Units within the NVQ Diploma are selected in consultation with both the employer and the student to ensure that they are appropriate to the workplace, business plans and the student's ambitions. Units available include;

- Plan and Prepare Gym-Based Exercise
- Instruct and Supervise Gym-Based Exercise
- Plan and Prepare Group Exercise to Music
- Instruct Group Exercise to Music

## *Level 3 NVQ Diploma in Personal Training*

The Level 3 NVQ Diploma in Personal Training underpins the role of a personal trainer and is aimed at students already working within the health and fitness industry. It allows learners to develop their skills and knowledge and demonstrate competence while working with individuals and groups of clients in a work-based personal training setting. Units are selected to ensure that they meet the needs of the business while ensuring that the right skills are being developed to maximise the students opportunities in their chosen career. Units available include;

- Principles of Exercise Fitness and Health
- Anatomy and Physiology for Exercise and Health
- Deliver Exercise and Physical Activity as Part of a Personal Training Programme
- Design, Manage and Adapt a Personal Training Programme with Clients

*in Fitness*

# Specific Short Courses

## *Fitness Specific Short Courses*

Poultec offer a wide range of industry specific courses which are designed to build knowledge and inspire delegates to strive for industry best practice. These courses can be delivered at our own premises or at any other suitable location;

- Foundation Certificate in Manual Handling
- Introductory/Foundation/Intermediate Occupational Health and Safety
- Foundation/Intermediate Certificate in First Aid at Work

# Other Services

*Poultec offers a range of services for employers which are tailored to complement our core training delivery. These include;*

## *Consultancy*

Poultec's team of Fitness specialists are able to offer advice, guidance and assistance in developing practical resources in areas such as;

- Policy Development / Procedure Manuals
- Preparation for Audits / Compliance
- Staff Development Programmes

## *Team Building*

Poultec offers a suite of team leading courses designed to challenge the individual as well as the group as a whole. Facilities include

- High Ropes
- Segways
- Climbing Wall
- Archery
- Bocarts and more...

## *Mobile Learning Vehicles*

Poultec has invested in three training vehicles, enabling our tutors to take state-of-the-art learning and support facilities to any location. Each vehicle is a tailor-made learning environment, which can also be used for a variety of other purposes.

- **The IT Vehicle** is ideally suited for delivering IT based training in both the community and the workplace and contains high specification laptop computers which provide workstations for ten students and one tutor.
- **The Hospitality Vehicle** is a fully-functioning commercial kitchen on wheels.
- **The Information Vehicle** has been developed as a resource for providing information advice and guidance but can also double as a classroom or mobile office / meeting room.



*Training is available in...* | Business & Administration | Butchery | Customer Service  
| Contact Centre | Engineering | Equine | Fitness | Food & Drink | Hair & Beauty  
| Hospitality & Catering | Information Technology | Manufacturing | Retail  
| Speedway | Leadership & Management | Poultry Production | Warehousing

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