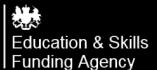


poultec

the training specialists

Fitness Training

Fitness Training



Tel: 01362 850983 www.poultec.co.uk Email: enquiries@poultec.co.uk



Apprenticeships

in Fitness

Fitness Apprenticeships

Poultec has a track record of successfully delivering Apprenticeships for over 20 years. Not only can we deliver the training required but we can also assist the employer in the recruitment of the Apprentices.

Poultec offers a Fitness Apprenticeship for individuals aspiring to become a Personal Trainer, whether they are already working in or planning to enter the health and fitness industry.

This Apprenticeship includes the following;

Advanced Personal Trainer Apprenticeship

- Level 3 Personal Trainer
- Level 2 NVQ Diploma in Instructing Exercise and Fitness
- Level 2 Functional Skills in Maths & English (if required)

The final part of the Apprenticeship is an independent End Point Assessment consisting of a practical observation, a presentation and a professional discussion.

Level 3 Personal Trainer

The Level 3 Personal Trainer Apprenticeship serves as the foundation for the role of a personal trainer. It targets individuals who aspire to enter or are already active within the health and fitness industry. It enables learners to develop their skills and knowledge. Demonstrate competence while working with individuals and groups of clients in a work-based personal training setting. Knowledge, skills and behaviours are developed throughout the programme which result in a competent employee that adds value to the business as well as enabling the Apprentice to maximise the opportunities in their chosen career.

Units include;

- Applying principles of anatomy and physiology, health and nutrition for personal training
- Planning and preparing for a personal training programme
- Delivering a personal training programme



INNOVATE
AWARDING

in 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.

- Manual Handling
- Occupational Health & Safety
- Emergency First Aid at Work / First Aid at Work

in Fitness

Study Programme

Our Fitness Study Programme is as an ideal starting point for aspiring personal trainers or fitness instructors, as it focuses on essential skills and knowledge needed to excel in the field.

You will experience collaborative learning in a supportive classroom environment led by expert tutors and have access to our fully equipped gym and outdoor sports field at our Mattishall site. Your learning will be recorded on an easy-to-use e-portfolio platform.

Level 2 Certificate in Instructing Fitness

Units include;

- Anatomy and physiology for exercise
- Principles of exercise fitness and health
- Planning and preparing gym-based exercise
- Instructing and supervise gym-based exercise

in Fitness

Other Services

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

Short Courses

We offer a diverse array of nationally accredited professional courses at South Green Park, your company premises, or via Zoom for your convenience. Our short courses are perfect for Continued Professional Development (CPD), providing opportunities to acquire new skills or enhance existing ones in various fields such as:

- Health & Safety
- First Aid
- Food Safety
- Agriculture
- Business Administration & Management
- Teaching
- Butchery
- IT

E-Learning Courses

Whether you are a business looking to ensure safety and compliance or an individual looking to upskill or boost your CV, we have the right E-Learning for you. Our suite of accredited online courses covers a range of sectors including;

- Health & Safety
- Business Skills
- Health & Social Care
- Mental Health & Wellbeing
- Hospitality

Training is available in... | Agriculture/Poultry Production | Business Administration | Butchery | Customer Service | Dental | Employability Skills | Engineering | Equine | Fitness | Food Manufacturing | Hairdressing & Barbering | Hospitality & Catering | Management | Recruitment | Warehousing

Tel: 01362 850983 | www.poultec.co.uk | Email: enquiries@poultec.co.uk

Main Centre: South Green Park, Mattishall, Dereham, Norfolk, NR20 3JY