

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 training 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...

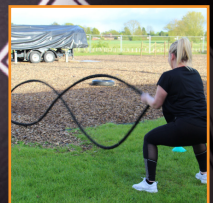


Training is available in... | Agriculture/Poultry Production | Business Administration | Butchery | Customer Service | Dental | Employability Skills | Engineering | Equine | Fitness | Food Manufacturing | Hairdressing & Barbering | Hospitality & Catering | IT | Management | Recruitment | Retail | Speedway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

poultec
the training specialists

Fitness Training

Fitness Training



Tel: 01362 850983 | www.poultec.co.uk | Email: enquiries@poultec.co.uk
Main Centre: South Green Park, Mattishall, Dereham, Norfolk, NR20 3JY



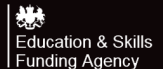
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Fitness Apprenticeships

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

Poultec offers an Apprenticeship for people who are already working within the health and fitness industry. This Apprenticeship includes the following;

Level 3 Advanced Apprenticeship Standard

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

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



Apprenticeships

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
- Level 2 Award in Instructing Group Indoor Cycling
- Level 2 Award in Instructing Kettlebell Training Sessions

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Level 3 Personal Trainer

The Level 3 Personal Trainer Standard underpins the role of a personal trainer and is aimed at individuals already working within the health and fitness industry. It enables 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. 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
- Planning and running a personal training business



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Study Programme

Our fitness study programmes provide an excellent foundation for a career in the fitness industry. Whether looking to become a personal trainer or deliver fitness training sessions, this course provides you with the first step. Our study programmes provide a blend of theory and hands-on training, delivered at our dedicated training facilities at South Green Park, Mattishall.

Course includes;

- Anatomy and Physiology for Exercise
- Principles of Exercise Fitness and Health
- Planning Gym-Based Exercise
- Instructing Gym-Based Exercise

On successful completion of a fitness study programme learners are given the opportunity to progress onto an Apprenticeship.

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