



PT & Nutrition Education

BECOME A FITNESS PROFESSIONAL WITH US

**Provider of
Level 2, Level 3 and Level 4
Personal training and Strength &
Conditioning Qualifications and
Employability Programmes**

QUALIFY IN LESS THAN 10 WEEKS

Our Partners

FOCUSAWARDS

YOUR
Personal Training™

JAMES PITTAM.com
HEALTH & FITNESS

jobcentreplus


Department
for Work &
Pensions

Cheshire
Velocity Training

PUREGYM

**THE
CHEADLE
COLLEGE.**


ELITE FITNESS FACTORY



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PT & Nutrition Education (PTNE) are a high quality and experienced learning provider of Level 2, Level 3 and Level 4 Personal training and Strength & Conditioning Qualifications and Employability Programmes.

Whether you are starting out in the fitness industry or a fully qualified Personal trainer looking to move into Strength & Conditioning PT & Nutrition Education can help to you achieve this.

With flexible delivery models available we are committed to promoting excellence within the sector and will strive to embed the same with you as a fitness professional.

Our qualifications are OFQUAL regulated, Register of Exercise Professionals (REPs) accredited and CIMSPA Endorsed.



Locations

● **Wigan**
Elite Fitness Factory

● **Stockport**
Cheshire Velocity Training
Pure Gym South
Cheadle College

● **Penrith**
James Pittam Health & Fitness
Penrith Leisure Centre

● **Hertford**
Nuffield Health

● **Nationwide**
Greenwich Leisure Ltd

LOCATIONS WE WORK IN

A woman with long blonde hair, wearing a black short-sleeved top and black leggings, stands in a gym. She is looking towards the camera. In the foreground, a large black weight plate with '20 KG' and '15' markings is visible. The background shows gym equipment and lights.

OUR COURSES

QUALIFY IN LESS THAN 10 WEEKS

Our Courses

Fitness based CIMPSA Endorsed REPs accredited qualifications

Focus Awards Level 2 Certificate Fitness Instructing (Gym based)

The start of a career in Fitness, Personal Training, Nutrition and Strength and Conditioning starts here with the Level 2 Fitness Instructing (GYM) qualification. This REP's accredited and industry recognised qualification is designed to provide you with the essential skills and knowledge needed to succeed within the health and fitness industry. In order to work in a gym or health club you must have this qualification.

Focus Awards Level 3 Certificate in Personal Training

The natural progression of a career in Fitness, Personal Training, Nutrition and Strength and Conditioning continues here with the Level 3 in Personal Training qualification. This REPS accredited and industry recognised qualification is designed to provide you with an enhanced skills and knowledge base needed to deliver personal training sessions on a 1-1 basis. Key elements of the qualification include how to work with respective clients, how to plan and deliver gym-based exercise sessions and the underpinning essentials of anatomy, physiology and fitness training.

Focus Awards Level 3 Diploma in Fitness Instructing & Personal Training

The Fitness Instructing & Personal Training Level 3 Diploma (Level 2 & 3 Combined) is designed for anyone with a passion for fitness and helping others achieve their goals. The Level 3 Diploma will give you the skills, knowledge and experience you'll need to work as a fitness Instructor or personal trainer in a gym or health club.

Focus Awards Level 3 Award In Nutrition for Physical Activity

Develop your understanding of Nutrition and enable your clients to achieve even greater results!

The Level 3 Award in Nutrition will enable you to access credible information about nutrition for exercise and health, analyse clients' dietary habits and identification of areas for improvement. In addition you will learn how to estimate daily energy and nutrient requirements for clients with different goals and evaluate the risks of poor nutritional and lifestyle practices.



EMPLOYABILITY PROGRAMMES

Employability Programmes

SEEP – Self Employment Employability Programme

The Self-Employment Employability Programme (SEEP) is designed for those wishing to gain work on a self-employed basis.

With the presence of Covid-19 and the employment market being so competitive at present now is an excellent time to consider a career working on a self-employed basis.

The programme examines the benefits and risks of self-employment along with Growth areas, new opportunities and the use of technology in relation to Covid-19

Access to the Fitness Industry Employability Programme

Access to the Fitness Industry Employability Programme is designed to blend both vocational, skill and knowledge in the form of Fitness Instructing and the development of employability skills

The programme includes

- CIMPSA and REPS accredited Ofqual regulated – Focus Awards Fitness Instructing Level 2 (Gym)
- Assisted job search and employment placement to reinforce and promote the availability of work
- Post programme mentoring with a fully qualified Personal Trainer offering advice and guidance on how to set up as a free-lance Fitness Professional.

Steps to work

The Steps to Work Programme is designed for individuals lacking confidence seeking employment. The programme focuses on completing steps which move the candidate nearer to work by addressing a range of complex and multiple barriers.

Improving Mental Health through exercise

The Improving mental health through exercise employability programme is designed for those who are suffering with mental health issues and have a passion for fitness.

Research suggests exercise and an active lifestyle can significantly increase an individual's outlook and confidence on their life and prospects.

WHY STUDY WITH US?

Why Study with us?

1

1-1 Delivery focusing on you!!

2

100% pass rate

3

**EXCEPTIONAL SUPPORT FROM tutors,
assessors, FRIENDLY AND WELCOMING VIBE**

4

EVERYONE IS AN INDIVIDUAL, NOT A NUMBER

5

**With strong links in the industry we can guarantee
a job interview at the end of your qualification**

WHAT LEARNING WITH US CAN DO FOR YOU?

What learning with us can do for you?



Jack Sheilds
Personal Trainer at Pure Gym

"Really enjoyed my time with this company. Great service all round and great value for money. Definitely would recommend to people looking for any qualification in the fitness industry. The knowledge they provide as well is very good! Highly recommend."



Amy Ginanssi
Freelance Personal Trainer based in Stockport

"I have only been learning for 2-3 weeks with this team but I have found that they are extremely approachable, quick to get back to you with any questions you may have, extremely knowledgeable in all areas."

They are professional and it's clear to see they want you to do well and are very encouraging"



Victoria Lawson
Personal trainer at James Pittam Health & Fitness in Penrith

"I have recently finished my level 2 and currently working on my level 3 certification in personal training. I have found everyone I have dealt with very helpful and the course material is excellent."

Joe Mclean
Personal Trainer at life leisure

"I studied my L2 certificate in fitness instructing with PTNE. I started with them as a complete novice. Now I'm a qualified PT with multiple other qualifications as well as working as coach. These guys will equip you with the knowledge and confidence you need to get started in your fitness career. Me and many of my peers have trained with them and I couldn't recommend them enough. So if you're looking for a provider with quality tutors, sound pricing and really good facilities then look no further."

STAFF PROFILES

Staff profiles



Richard Yarwood

Richard Yarwood MSc is a strength and conditioning coach working with MMA, BJJ, Boxing and Muay Thai athletes. Richard also leads the provision of S&C for Paralympian athletes. Following the completion of his MSc, Rich spent a summer at the IMG Academy in Florida where he worked with elite level golfers, tennis players and baseball athletes. Along with coaching, Rich has spent a number of years tutoring personal training qualifications, leading CPD events and assessing fitness courses.

Experience

M.Sc Strength and Conditioning
Strength and Conditioning coach for GB athletes
Personal training tutor and assessor



Bob Beswick

Bob has played Rugby professionally for Ireland at an International level and plays domestically for the Toronto Wolfpacks. Through his career Bob has played for Wigan Warriors, Widnes Vikings, Halifax and Leigh Centurions. Bob has completed his Msc in Strength & Conditioning and is S&C coach to professional combat athletes and The Toronto Wolfpacks.

Experience

S&C Coach
Super League Rugby league player with Wigan Warriors
International Rugby league player – Ireland 2006-15



Karen Rathbone

Karen is our Personal Training Level 3 Tutor and Assessor in our Penrith centre. Karen's background is Personal Training & Gym Instructing and Leisure Management.



OUR PARTNERS

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Department
for Work &
Pensions





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