



COURSE PROSPECTUS

2025

EDUCATING
ACTIVE
MINDS

Table of Content

Why Leisure Active Training & Locations	02
Accreditations & Certification	03
Level 2 Qualifications	04
Level 3 Qualifications	11
L4 Qualifications	18
Teaching/Assessing/IQA Qualifications	23
Lifeguard & First Aid Qualifications	27

Why Leisure Active Training



World Class Training

Our courses are internationally recognised, CIMSPA endorsed and highly regarded by employers and the industry.



Expert Tutors

Our tutors are highly qualified, experienced, passionate and truly fantastic.



Outstanding Support

Our experienced support team will help you along the way.



Flexible Payments

Flexible learning options with 0% interest available across all courses.



Flexible Learning

We have a variety of learning options available to suit your needs.



Leaders in our Field

We have over 40 years experience and have built an excellent reputation within the industry.

Locations

Simply Gym, The Red Dragon Centre, Cardiff Bay, CF10 4JU

Simply Gym, Llansamlet, Swansea, SA6 8RX



Contact Us

Telephone 02921 202 770

Website www.la-training.co.uk

Instagram @LeisureActiveTraining

Email enquiries@la-training.co.uk

Facebook @LeisureActiveTraining

Accreditations and Certification



YMCA Awards is part of Central YMCA – the world's first YMCA – a national charity that's been helping people make positive changes in their lives since 1844. YMCA Awards are experts in education, health and wellbeing with over 20 years' experience developing UK-regulated and globally-recognised qualifications.



Active IQ is recognised and regulated by Ofqual, Qualifications Wales and CCEA and design qualifications that support clearly defined career pathways for the active leisure sector. Active iQ pride themselves on excellent customer service and strive to provide high-quality teaching and learning resources for our qualifications to enable providers to give a positive learning experience.



Ofqual is the vocational equivalent to Ofsted and was set-up in 2010. They are a non-ministerial government department that regulate qualifications and reliability and oversee reform of qualification frameworks within the health and fitness sector amongst other industries. All Leisure Active Training courses are Ofqual regulated and exceed the standards set.



The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) is the professional development body for the UK's sport and physical activity sector. CIMSPA provides leadership, support and empowerment for professionals working in sport and physical activity and a single unified voice for the sector. CIMSPA helps develop a vibrant, UK wide sport and physical activity sector, led by professionals providing advocacy and leadership.



It is the Royal Life Saving Society's (RLSS) purpose to enhance communities, so everyone can enjoy being in, on and around water, safely; because every life is worth saving. RLSS UK has a proud history of helping to save the number of lives lost to drowning and is the leading body for world renowned lifesaving qualifications.



Established in 1856, Royal Society for Public Health (RSPH) is an independent campaigning and educational charity dedicated to improving and protecting the health of the public – both in the United Kingdom and around the world.

LEVEL 2

QUALIFICATIONS



Level 2 Award in Instructing Group Indoor Cycling Sessions

This qualification is aimed at people wishing to design and deliver safe and effective group indoor cycling sessions. It provides you with the knowledge, understanding and skills required to enable aspiring fitness instructors to use group indoor cycling as a tool to improve participants' fitness and increase their physical activity levels.

What will I learn?

- Benefits of group indoor cycling.
- The principles and variables used within a group indoor cycling session.
- How to prepare, plan, design and instruct safe and effective group indoor cycling sessions.
- The use of music, imagery, and motivational techniques during a group indoor cycling session.

Assessment

- Portfolio of evidence
- Practical assessment

Accreditation

- CIMSPA Endorsed
- 10 CPD Points
- Ofqual Regulated

Requirements

- Level 2 Certificate in Fitness/Gym Instructing, or any qualification within the Physical Activity Advisor category on REPs.
- Some experience of studio cycling is beneficial but not essential.



Level 2 Certificate in Gym Instructing

The aim of this qualification is to develop the knowledge and skills of learners so they can engage, facilitate, educate and support clients in a gym or health club environment. On successful completion of this qualification learners will be able to seek employment and perform competently as a Level 2 Gym Instructor.



What will I learn?

- Anatomy and physiology including:
 - The heart and circulatory system.
 - The respiratory system.
 - Structure and function of the skeleton.
 - Musculoskeletal system.
 - Postural and core stability.
 - The nervous and energy systems and their relation to exercise.
- Principles of working in the gym environment, including customer service and how to maintain health, safety and welfare.
- How to conduct consultations and promote the health benefits of physical activity.
- How to communicate with clients effectively and motivate clients to adhere to an exercise programme.
- The skills and knowledge required to plan and prepare a gym-based exercise programme with apparently healthy adults – both individuals and groups. This may include young people in the 13-18 age range, provided they are part of a larger adult group and older adults (50 plus).

Requirements

Learners must be aged 16+. Ideally, they should have some experience of gym-based exercises through personal practice and should have a certain amount of physical fitness. Learners should also have communication skills pitched at level 2 which can be developed during the course.

Learning Options

CLASSROOM

- ✓ 6 days face-to-face tuition.
- ✓ Classroom theory sessions and gym based practical workshops.
- ✓ Assessments carried out across 6 days.

CLASSROOM & E-LEARNING

- ✓ 2 days face-to-face tuition.
- ✓ More eLearning than the full-time format to give you a more flexible learning experience.
- ✓ Assessments carried out across 2 days.

Assessment

- Learner Assessment Record
- Assessment Workbook
- Multiple Choice Theory paper
- Practical examination
- Portfolio of evidence

Accreditation

- CIMSPA Endorsed
- 10 CPD Points
- Ofqual Regulated

Level 2 Award in Instructing Kettlebell Training Sessions

This qualification is aimed at qualified fitness instructors and personal trainers wishing to acquire the additional knowledge and competencies required to plan and deliver safe and effective Kettlebell exercises and training sessions.

What will I learn?

- The history and origins of kettlebell training.
- The benefits of using kettlebells.
- Health and safety considerations for kettlebell training.
- How to incorporate kettlebell training into resistance sessions.
- How to prepare, plan and instruct kettlebell training sessions.
- Effective communication skills.

Requirements

- Level 2 Certificate in Fitness/Gym Instructing, or any qualification within the Physical Activity Advisor category on REPs.
- Some experience of Kettlebell training is beneficial but not essential.

Assessment

- Practical assessment
- Workbook and session plan

Accreditation

- CIMSPA Endorsed
- 10 CPD Points
- Ofqual Regulated

Level 2 Award in Delivering Chair-Based Exercise

This qualification recognises the skills, knowledge and competence required of an individual in order to work in an unsupervised capacity, including the values and principles of adult social care and the ability to plan and deliver chair-based exercise to either disabled adults or frailer older adults.

What will I learn?

- The values and principles of adult social care.
- Knowledge and understanding of chair-based exercise and its value with adults in care and community settings, including frailer older adults and disabled adults.
- The difference between chair-based exercise and physical activity.
- The impact of body systems changes associated with ageing, disability and inactivity.
- The structure and content of a chair-based exercise session.
- How to plan for frailer older adults or disabled adults.
- How to plan a safe and effective chair-based exercise session.
- How to deliver a safe and effective chair-based exercise session.
- How to reflect upon a safe and effective chair-based exercise session.

Requirements

Learners must be aged 16+. Ideally you should have some experience of gym-based exercises through personal practice and should have a certain amount of physical fitness. Learners should also have communication skills pitched at level 2 which can be developed during the course.

Assessment

- Coursework
- Practical demonstration/assignment

Accreditation

- CIMSPA Endorsed
- Ofqual Regulated

Level 2 Award in Instructing Studio Resistance Sessions

This qualification is aimed at qualified fitness instructors and personal trainers wishing to acquire the additional knowledge and competencies required to plan and deliver safe and effective studio resistance training sessions.

What will I learn?

- How to design and teach safe and effective studio resistance training sessions.
- The principles of warm up, the aerobic curve and cool down.
- Working to music.
- Motivating participants.
- Variety of group teaching skills.
- Core stability exercises.
- The benefits of studio resistance training.
- Variety of approaches to studio resistance training.
- How to respond to health and safety issues.

Requirements

Level 2 Certificate in Fitness/Gym Instructing

Assessment

- Coursework
- Practical examination

Accreditation

- CIMSPA Endorsed
- 10 CPD Points
- Ofqual Regulated

Level 2 Award in Instructing Circuit Training Sessions

The aim of this qualification is to provide those people who already possess a valid fitness instructor qualification with the additional knowledge, understanding and skills required to plan and instruct group circuit training sessions. The content therefore reflects the competencies required to become a safe and effective group circuit training instructor.

What will I learn?

- Methods of collecting participant information.
- Principles of screening participants prior to exercise including the use of the physical activity readiness questionnaire (PAR-Q).
- How to use participant information to assist with the planning of safe and effective group circuit training sessions.
- How to use music to enhance group circuit training sessions.
- Assessment and screening of participants.
- Preparing self, equipment and environment for group circuit training sessions.
- Instructing group circuit training sessions.
- Evaluating own performance.

Requirements

- Level 2 Certificate in Fitness/Gym Instructing, or any qualification within the Physical Activity Advisor category on REPs.
- Some experience of circuit training is beneficial but not essential.

Assessment

- Coursework
- Practical demonstration

Accreditation

- CIMSPA Endorsed
- 10 CPD Points
- Ofqual Regulated

Level 2 Award in Instructing Physical Activity for Children

This qualification is designed to provide learners with the knowledge and skills to be able to plan, prepare and deliver safe and effective physical activity sessions for children aged 5 – 11 years and 11- 15 years.

Learners are also given an understanding of the legal and professional requirements, including safeguarding when leading physical activity sessions for children.



What will I learn?

- Understand the legal and professional requirements for leading children's physical activity sessions.
- Understand the key legislation and organisational requirements for safeguarding and protecting children.
- Know the current recommended physical activity guidelines for children.
- Understand how to select suitable activities and equipment for children's activity sessions.
- Understand how to lead safe and effective physical activity sessions for children.
- Understand the principles of motivating children to adhere to exercise/physical activity.
- Be able to plan a safe, effective and inclusive physical activity sessions for children for both age groups 5-11 and 11-15.
- Be able to prepare children for physical activity.
- Be able to deliver physical activity to children.
- Be able to bring a physical activity session to an end.
- Be able to reflect on providing physical activity sessions for children.

Requirements

Learners must hold a suitable Level 2 fitness instructing qualification, for example:

- Level 2 Certificate in Gym Instructing.
- Level 2 Certificate in Group Training.
- Level 2 Certificate in Fitness Instructing.
- Certificate in Leading Health Related Activity Sessions; coaching qualification or equivalent
- Some experience of working with children is useful.

Assessment

- Coursework.
- Practical Demonstration/Assignment.

Accreditation

- CIMSPA Endorsed
- 10 CPD Points
- Ofqual Regulated

Rated Excellent By Our Trainees

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Ally Smith



The Group Cycle training was fantastic! The whole process from booking to the training was really smooth and well organised. Learning materials were available in advance of the day which was really helpful. The trainers were excellent-really engaging, knowledgeable. We learned loads in a friendly relaxed atmosphere. I can't wait to go back for more learning!

Nadine Pugh



Just completed the L2 gym instructing course. Very good quality of material to learn from Dan helped me with everything. I found difficult and had a great way of teaching me how to remember things. Recommended a colleague who also passed with these guys. Dom was fantastic on assessment day, kept me calm and reassured me. This helped a lot. Thanks guys. Looking forward to L3.

Dan Williams PT



Completed Level 2 Studio Cycling today with Domanic, amazing teacher, made sure everyone understood the components of the course and know what was expected of them. Definitely coming back to complete more courses.

Samantha Olivia Richards



I would like to say a huge thank you! to Dom and Dan for all your support while doing my Level 2 in gym instructing and my Level 3 in Personal Training. I have also just passed and completed my indoor Cycling course and also a kettle Bell Course. I have thoroughly enjoyed my experience. You both had a very high Level of professionalism and I was very impressed with the way you incorporated different methods of teaching styles. Adding the key points to my practical assessments. I can honestly say that I would be confident now to deliver my group classes and personal training session effectively. I would definitely recommend LA training course.

Joanne Mangion



thank u so much dom and dan for the amazing support and learning I just finished the level 2 gym instructor and I cant imagine me doing this with out the support this guys offer , tks guys cu again soon

Tom Shepherd



Completed the Level 2 Gym Instructor and Level 3 Personal Training with Leisure Active Training. Thoroughly enjoyed both and will do more courses in the future

Keira Kane



So happy I decided to complete my Level 2 Gym Instructor Course with Dom and Dan. They made me feel so at ease and confident while doing the practical assessments. Would definitely choose Leisure Active Training for any future courses. I may do.

Heather Carter



I have recently done my Level 2 Gym Instructor course with Leisure Active Training. I highly recommend them as they made the training days fun and engaging. I enjoyed so much that I have now booked onto my Level 3, this is something that I was not planning on doing initially but I was so happy with everything I couldn't let this opportunity get away.

If you are thinking of booking on please don't hesitate and get in touch with them.

Sam Martin



Just completed my level 2 and 3 through leisure active training. Both courses were delivered to me excellently. I could not have asked for a better tutor than Dom. Very professional and genuine bloke. Highly recommended.

Cheri Mills



Just completed the blended learning level 2 gym instructor, loved the course, the online learning was interesting and the tutor was very supportive and on hand for advice and feedback.

Assessment weekend, sometimes you feel like your just there to get the qualification box ticked there was no waffle and just going through the motions which happens on some courses, it was really enjoyable with enough time to cover the topic's then good discussions and lots of extra information nuggets from the instructor that will really help once i'm working with the qualification.

Thank you and i hope to be back in the future.

Cheri

Claire Gibbons



Have just completed my Level 2 in Mental Health Awareness which I very much enjoyed- such a great insight and learned a lot studying this. Dom was a massive help to me whenever I needed it and so professional at all times.

Great course and great company- I'd highly recommend- see you for circuits in November

Scott Rees



Recently completed my Level 2 Gym and Fitness Instructor qualification with LA Training. It was an excellent and informative experience, where participation was always encouraged and there was never such a thing as a silly question. Help was always available from the instructors at LA and I would recommend LA Training to anyone who is looking to receive a qualification and start a career in fitness. I enjoyed the experience so much I am going to apply for the Level 3 Personal Training course next to become a Personal Trainer!

Thanks LA Training!

Tracy Davies



Better late than never ...

Completed my level 2 & 3 Personal Training with Dom in Simply Gym in Cardiff last year. I couldn't have asked for a better trainer. Dom was so knowledgeable in all areas of PT. His teaching skills were second to none, patient, understanding and passionate. Loved every minute of it, highly recommend

LEVEL 3

QUALIFICATIONS



Level 3 Diploma in Personal Training

The aim of this qualification is to recognise the skills, knowledge and competence required for individuals who wish to progress to a career as a professional Personal Trainer on an employed or self-employed basis.

This includes being able to offer one-to-one training, baseline assessment, nutritional advice and progressive programming which is specific to the individual needs of a client.

What will I learn?

- Anatomy and physiology knowledge as applicable to personal training.
- Nutrition and its application to support a client's health and physical activity programme.
- Health and wellbeing and factors that affect this.
- Effective communication during client consultations to promote and encourage healthy lifestyle behaviours and long-term change.
- Designing and planning effective Personal Training sessions for a range of clients in different environments.
- Executing effective physical activity sessions for a range of clients in different environments.
- Professional practice and legal requirements for Personal Training.
- Business acumen for working in both an employed role and for self-employment.
- Self-evaluation and professional development.

Requirements

- Level 2 Certificate in Gym Instructing or equivalent.
- The course requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary.
- There is an element of communication (discussing, presenting, reading and writing) and maths involved, so learners should have basic skills in communication and maths.



DIPLOMA

If you want to become a Personal Trainer but do not hold the required Level 2 Certificate for entry then you can complete our Level 3 Personal Training Diploma in Gym Instructing and Personal Training course at a cost of £1900.

Learning Options

CLASSROOM

- ✓ 7 days face-to-face tuition.
- ✓ Classroom theory sessions and gym based practical workshops.
- ✓ Assessments carried out across 7 days.

CLASSROOM & E-LEARNING

- ✓ 3 days face-to-face tuition.
- ✓ More eLearning than the full-time format to give you a more flexible learning experience.
- ✓ Assessments carried out across 3 days.

Assessment

- Learner Assessment Record
- Assessment Workbook
- Multiple Choice Theory paper (external)
- Practical examination
- Portfolio of evidence

Accreditation

- CIMSPA Endorsed
- 20 CPD Points
- Ofqual Regulated

Level 3 Award in Adapting Exercise for Ante & Post Natal Clients

The aim of the qualification is to give you the skills, knowledge and competence required in order to work with ante and post-natal clients in an unsupervised manner.

There will be focus on the considerations for safe and effective exercise and how to plan and adapt exercise for this specialised client group.



What will I learn?

- The physical changes which take place during the ante and post-natal periods.
- The benefits of exercise/physical activity for ante and post-natal women.
- How to support ante and post-natal clients in exercise.
- The contra-indications to exercise for ante and post-natal clients.
- How to manage risks in ante and post-natal exercise sessions.
- The nutritional requirements for the ante and post-natal period.
- The principles of collecting information to plan an exercise programme for ante and post-natal clients.
- How to screen ante and post-natal clients prior to planning an exercise programme.
- How to plan an exercise programme for ante and post-natal clients.

Requirements

Level 2 certificate in fitness instructing or equivalent.

Assessment

- Coursework
- Multiple choice examination

Accreditation

- CIMSPA Endorsed
- 10 CPD Points
- Ofqual Regulated

Level 3 Award in Exercise Referral

Exercise referral is aimed at qualified fitness professionals who wish to learn how to provide assistance/advice and design exercise programmes for people with certain medical conditions which put their health at risk.

What will I learn?

- The heart, circulatory system, musculoskeletal system, nervous system, endocrine system, and energy systems and their relation to exercise and health, plus posture and core stability.
- How to collect and use information relating to nutrition.
- The relationship between nutrition and physical activity, the principles and guidelines relating to nutrition and nutritional goal setting with clients, and the nationally recommended practice to provide nutritional advice.
- The principles of collecting information to plan an exercise referral programme, the principles of risk stratification in exercise referral and the principles and procedures of record keeping.
- How to identify goals with exercise referral patients and instruct, adapt, and review exercise session with these patients. How to plan, prepare, monitor and adapt an exercise referral programme with patients and understand the importance of long term behaviour change for these patients.
- The current healthcare systems in the UK, the exercise referral process, the roles and responsibilities of the professional within an exercise referral scheme and the role and importance of exercise referral, related policies and key documents.
- The concept of a patient centred approach.
- The clinical features of medical conditions relevant to exercise referral programmes, the relationship between exercise and specified exercise referral medical conditions, the accepted methods for treatment/management of medical conditions relevant to exercise referral programmes and how to programme safe, effective exercise programmes for patients with specified exercise referral medical conditions.



- Collecting and analysing nutritional information and apply the principles of nutrition to a physical activity programme.
- Collecting information about exercise referral patients and preparing patients and resources for exercise referral sessions.
- Instruct, adapt, conclude and review exercise referral sessions. Agree goals, plan, manage, review progress and adapt an exercise referral programme with exercise referral patients.

Requirements

Learners must hold either a Level 2 Certificate in Fitness Instructing (Gym/Exercise to Music or Aqua) or equivalent (including qualifications which give entry to the REPs Physical activity Advisor category) or one of the following:

- Level 3 Certificate in Personal Training
- Level 3 Diploma in Instructing Pilates Mat-work
- Level 3 Diploma in Teaching Yoga

Assessment

- Coursework
- Portfolio of evidence
- Practical assessment
- Written examination

Accreditation

- CIMSPA Endorsed
- 10 CPD Points
- Ofqual Regulated

Level 3 Award in Nutrition to Support Physical Activity

The aim of this qualification is to develop knowledge and understanding of key nutritional principles and healthy eating to support client goals. It also provides the learner with skills to analyse client nutritional intake in order to offer advice within scope of practice and integrate into fitness programme design.

What will I learn?

- Understanding the principles of nutrition.
- Understanding the influence of nutrition on health.
- Understanding key nutritional guidelines and evidence-based recommendations and how they can be applied to individual clients.
- Understanding the relationship between nutrition and physical activity.
- Understanding how to collect information relating to nutrition.
- Understanding how to use nutritional information.
- Be able to identify and analyse nutritional information to identify clients dietary habits.
- Be able to apply the principles of nutrition to a physical activity programme.

Requirements

None however it is recommended that learners hold a Level 2 Certificate in Fitness Instructing or equivalent.

Assessment

- Learner Assessment Record
- Multiple Choice Theory paper
- Assessment Workbook
- Consultation/case study

Accreditation

- CIMSPA Endorsed
- 10 CPD Points
- Ofqual Regulated



Level 3 Certificate in Leisure Management

The Level 3 Certificate in Leisure Management qualification is highly regarded in the industry. The qualification will help to develop your knowledge and skills if you are currently working in a management/supervisory role or help with employment opportunities and career progression. The qualification is designed to provide learners with the knowledge and skills required to deal with the performance of other staff, the well-being and safety of customers, as well as the day-to-day operation of a leisure facility.



What will I learn?

- Understanding the active leisure sector.
- Health, safety and welfare.
- Leading a team.
- Promoting customer care.
- Understanding employment rights and responsibilities.
- Financial procedures.
- Delivering objectives through the work of an active leisure team.
- Supervising facility maintenance.
- Marketing services and products to customers.
- Operating swimming pool plant.

Requirements

There are no specific prerequisites for this qualification, however, a current working role within the leisure industry would be beneficial.

Assessment

- Worksheets
- Projects

Accreditation

- CIMSPA Endorsed
- Ofqual Regulated

Rated Excellent By Our Trainees

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Stacey Marie Kane



I have loved doing my courses with Liesure Active. Dan and Dom are both very knowledgeable and professional. They create a comfortable, fun learning environment and I would not go anywhere else

Adam Williams



I completed my level 2 gym instructing and level 3 personal training with LA Training. I would recommend their business to anyone looking to get a simlilair qualification. I thoroughly enjoyed both courses and would look to them again for any other qualifications.

Theresa Jones



Just successfully completed my Leisure Management course & felt really supported throughout I'm a fairly independent worker but really appreciated the quick responses from Dominic whenever I submitted a unit or had a question
Already looking into future courses with them

Chez Kane



I have just completed my Level 2 gym instructor & Level 3 PT with Dan& Dom in Cardiff!
Thank you so much for all of your help guys!
I really appreciate the support throughout both courses!
You made us all feel so comfortable and welcome at all times
A truly amazing & enjoyable experience thanks to you guys!
Well definitely be booking on to some add on courses when I can!

Bradley Hulme



Recently done my level 3 qualification in their cardiff base and I couldnt believe how much I had learned in such a fun and enjoyable way! So keen to help and go out of their way to see you achieve your dreams, plus the "after care" is incredible! Some places just leave you to it where as when I needed help Dan pointed me in the right direction! Looking to do another course with Dom and Dan!

Jonathan Thomas



I would highly reccomend LA Training. I completed my PT level 2 and 3 with them. Will be using them for courses going forward
Thanks for all your help

Connor Jenkins



Just completed my Level 3 PT and also currently working through my Level 3 Exercise Referral coursework with LA training - Can't speak highly enough of Dan and Dom who run the courses. Both supportive and really helpful, as well as really informative and detailed with their course delivery in a relaxed environment!

Kirilee Lynne Dermott



firstly I want to thank Dan for his patience while I brushed up on my technology skills but more importantly I learned at my own pace how to work in the environment I love. easy paced learning and amazing help along the way, I couldn't recommend this company enough

Arron James



Excellent teaching standard! I would highly recommend to any person that is looking to become qualified in the fitness sector. A friendly and effective service, I have come away with far more knowledge than when I began my course (and i thought i knew alot), massively confident now to begin my first steps in to this industry! 5 stars thank you and well done.

Claire Matthewst



Recently completed my L2 and L3 Personal Training with Leisure Active and would 100% recommend them! Had the best support from both Dan and Dom throughout and the course and practical days were really informative.
Looking forward to doing more courses with them in the future.

Heather Carter



I have recently done my Level 2 Gym Instructor course with Leisure Active Training. I highly recommend them as they made the training days fun and engaging. I enjoyed so much that I have now booked onto my Level 3, this is something that I was not planning on doing initially but I was so happy with everything I couldn't let this opportunity get away.
If you are thinking of booking on please don't hesitate and get in touch with them.

Gareth Edwards PT



I have absolutely loved doing all of my qualifications with LA training! About as knowledgable and helpful as it gets, great guys with a brilliant teaching style and a lovely warm way of delivering even the most complex sessions. I'd wholeheartedly recommend these guys to anyone that always a professional qualification in the fitness industry!

Scott Rees



Recently completed my Level 2 Gym and Fitness Instructor qualification with LA Training. It was an excellent and informative experience, where participation was always encouraged and there was never such a thing as a silly question. Help was always available from the instructors at LA and I would recommend LA Training to anyone who is looking to receive a qualification and start a career in fitness. I enjoyed the experience so much I am going to apply for the Level 3 Personal Training course next to become a Personal Trainer!
Thanks LA Training!

LEVEL 4

QUALIFICATIONS



Level 4 Certificate in Nutrition for Physical Activity & Sport



This is a Level 4 qualification suitable for individuals who require an understanding of nutrition and diet and their effect on health. It is particularly relevant for people working in the health, fitness or catering professions who might have a role in the promotion of healthy eating or the preparation of meals, menus and diets for sportspeople at all levels of ability.

The objective of the qualification is to provide knowledge and understanding of the nutritional requirements for a healthy diet, the effect of diet on health and the importance of hydration. These principles are then applied to fulfilling the dietary requirements for physical activity and sport.

What will I learn?

- Principles of Nutrition
- Sources, functions and uses of macro and micronutrients
- Energy, nutrient and hydration requirements of individuals throughout life
- The effects of diet on health
- Legislation as it relates to labelling and advertising of foods
- The requirements for nutrients and hydration during physical activity
- The relationship between nutrition and physical activity
- How to advise participants in physical activities on nutritional strategies (and menus) to improve performance
- The importance of energy balance and how this can be achieved.
- Analysis of food diaries
- The components of energy consumption and expenditure
- Factors that affect energy, nutrient and hydration requirements of individuals in relation to social, cultural, religious and ethnic groups
- The relationship between diet and disease
Possible dietary influences for different groups
- Macro and micro-nutrient requirements for different physical activities and sports
- The role of nutrients in energy production
Internal energy reserves and their roles during exercise

- Energy expenditure and nutrient use for different physical activities
- Developing nutritional strategies for participants to improve performance
- The use of performance enhancing products and sports drinks in nutritional planning for participants in sports and physical activity

Requirements

It is recommended that candidates hold a Level 3 qualification in nutrition such as:

- RSPH Level 3 Award in Nutrition for Healthier Food and Special Diets or the RSPH Certificate in Nutrition and Health.
- Level 3 Award in Nutrition to Support Physical Activity (completed as part of Level 3 Personal Training Diploma)

There is an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 3.

How is the qualification assessed?

Students will be expected to complete two assignments, which will be internally assessed and externally verified. The assignment criteria will be discussed on course and sufficient guidance given to students. Students will also be signposted to a recommended reading list to assist them with completion of assignments.

Accreditation

- CIMSPA Endorsed
- Ofqual Regulated

Level 4 Certificate in Strength and Conditioning

The aim of this qualification is to provide learners with the knowledge and skills to be able to plan, prepare, deliver and evaluate strength and conditioning programmes that will help athletes to achieve their performance goals.

What will I learn?

- The role of a strength and conditioning coach as part of an athlete's support team.
- Methods of carrying out performance related needs analysis, measurements and assessments.
- Strategies to analyse and evaluate assessment findings in order to be able to develop and agree short, medium and long term performance goals.
- Planning, delivering and evaluating periodised, performance-related strength and conditioning programmes.

Requirements

Learners must hold either:

- Level 3 Diploma in Personal Training (or equivalent).
- Level 3 Coaching qualification (or equivalent).
- Level 3 Strength and Conditioning qualification (or equivalent).

Learners may also hold

Subject relevant higher education or further education qualifications that are equivalent or higher than those listed above (e.g. physiotherapy, sports therapy).

Assessment

- Coursework/Project
- Portfolio of Evidence
- Practical Demonstration/Assignment

Accreditation

- CIMSPA Endorsed
- Ofqual Regulated



Level 4 Certificate in Programming Physical Activity for Individuals with Low Back Pain

The aim of this qualification is to provide the learner with the appropriate knowledge and skills to design, deliver, monitor and evaluate structured, individualised physical activity programmes for adults with low back pain, in accordance with current evidence-based guidelines.



What will I learn?

- Epidemiology of low back pain.
- Risks and causative factors involved in the development of low back pain.
- National guidelines for the treatment and management of low back pain.
- Contraindications and psychosocial considerations when planning physical activities for the client with low back pain (risk stratification).
- Subjective and objective methods to collect sufficient information to plan safe and effective physical activity programmes for individuals with low back pain.
- How to select safe and effective physical activities which are specific to the client's health status, risk stratification, needs and abilities.
- The effective use of layering / layered cueing within progressive physical activity programmes for individuals with low back pain.
- A range of validated methods used to monitor review and adapt physical activity programmes for individuals with low back pain.
- Advice covering lifestyle, home-care, exercise, which is suitable for the individual with low back pain.

Requirements

- Registration status of full Level 3 Exercise Referral Instructor on the Register of Exercise Professionals (REPs), or either of:
 - Registration at Level 4 prior to September 2011 plus achievement of a Level 3 fitness qualification.
 - Achievement of a Level 4 prior to September 2011 plus achievement of a Level 3 fitness qualification.
- 150 hours of relevant professional practice at Level 3 in designing, delivering, monitoring, adapting and tailoring exercise programmes for individuals gained within the previous two years and at least six months experience since qualification (to be evidenced in a CV and reference letter).

Assessment

- Short/long answer paper
- Worksheets
- Case study (programme design and review)
- Observed instruction session

Accreditation

- CIMSPA Endorsed
- 10 CPD Points
- Ofqual Regulated

Level 4 Certificate in Weight Management for Individuals with Obesity, Diabetes and/or Metabolic Syndrome

This qualification from Leisure Active Training is for those who wish to be able to plan and deliver safe and effective weight management programmes to members of the population with Obesity, Diabetes Mellitus and/or Metabolic Syndrome.



What will I learn?

- Weight management for individuals with obesity, diabetes and metabolic syndrome.
- How to encourage long-term behaviour change in individuals with obesity, diabetes and metabolic syndrome.
- Classifications relating to body composition and disease risk in individuals with obesity, diabetes and metabolic syndrome.
- The importance of building relationships with key individuals and organisations in delivering a weight management programme.
- Treatments and disease states for obesity, diabetes and metabolic syndrome.
- The impact of exercise and physical activity for individuals with obesity, diabetes and metabolic syndrome.
- How to manage the risks associated with programming exercise for individuals with obesity, diabetes and metabolic syndrome.
- How to motivate individuals with obesity, diabetes and metabolic syndrome in weight management sessions.
- Planning and delivering physical activity components as part of weight management programmes.
- Designing, reviewing and adapting weight management programmes.

Requirements

- Level 3 Certificate in Exercise Referral for Specific Controlled Conditions.
- Level 3 Diploma in Exercise Referral or equivalent.

Assessment

- Coursework
- Portfolio of evidence
- Practical demonstration/assignment
- Written examination

Accreditation

- CIMSPA Endorsed
- 10 CPD Points
- Ofqual Regulated

TEACHING ASSESSING IQA QUALIFICATIONS



Level 3 Certificate in Assessing Vocational Achievement (CAVA)

This certificate is for those who assess or aspire to assess within the work environment, workshops and classroom-based environments using a range of assessment methods.

What will I learn?

- Understanding of the principles and practices of assessment.
- How to assess occupational competence in the work environment.
- How to assess vocational skills, knowledge and understanding.
- Principles and requirements of assessment.
- Different types of assessment method.
- Planning and performing assessments, involving learners and others.
- Quality assurance of the assessment process.
- Legal and good practice requirements.
- Making assessment decisions.

Requirements

There are no specific prerequisites for this qualification, however, a current working role within the leisure industry would be beneficial.

Assessment

- Completion of knowledge questions
- Observation in the workplace
- Question & answer
- Examining products of work

Accreditation

- CIMSPA Endorsed
- Ofqual Regulated



Level 3 Award in Education and Training

This qualification provides an introduction to teaching. It can meet the needs of a range of trainee teachers, such as:

- Individuals not currently teaching, or training achievement of the qualification does not require practice other than micro-teaching unless units from the Learning and Development suite of qualifications are selected.
- Individuals currently teaching and training (including those who have just begun teaching and training) although the qualification does not require practice other than micro-teaching (unless units from the Learning and Development suite of qualifications are selected), opportunities may be made available to observe and provide feedback on a trainee teacher's practice.
- Individuals currently working as assessors who wish to achieve a qualification that provides an introduction to teaching.



What will I learn?

- Understanding of the teaching role and responsibilities in education and training.
- Understanding of the ways to maintain a safe and supportive learning environment.
- Understanding of the relationships between teachers and other professionals in education and training.
- Understanding of the types and methods of assessment used in education and training.
- Understanding of how to use constructive feedback, keep records and involve learners and others in the assessment process.
- Understanding of the quality assurance and the legal and good practice requirements in relation to assessment.
- How to plan, deliver and evaluate inclusive teaching and learning.
- How to facilitate one to one and group learning and development.

Requirements

There are no entry requirements for this qualification.

Assessment

- Portfolio of evidence
- Practical demonstration/assignment

Accreditation

- CIMSPA Endorsed
- Ofqual Regulated

Level 4 Award in Internal Quality Assurance of Assessment Processes and Practice

The aim of this qualification is to develop the knowledge, understanding and skills of those individuals who are directly involved in the internal quality assurance of assessors and assessment but are not involved in the centre management or liaising with other internal quality assurers.



What will I learn?

- The context and principles of internal quality assurance and how to plan the internal quality assurance of assessment.
- The techniques and criteria for monitoring the quality of assessment internally.
- How to internally maintain and improve the quality of assessment.
- How to manage information relevant to the internal quality assurance of assessment.
- The legal and good practice requirements for the internal quality assurance of assessment.
- Skills relating to the qualification.
- Plan the internal quality assurance of assessment.
- Internally evaluate, maintain and improve the quality of assessment.
- Manage information relevant to the internal quality assurance of assessment.
- Maintain legal and good practice requirements when internally monitoring and maintaining the quality of assessment.

Requirements

There are no specific prerequisites for this qualification, however, a current working role within the leisure industry would be beneficial.

Assessment

- Completion of knowledge questions
- Observation in the workplace
- Question & answer
- Examining products of work

Accreditation

- CIMSPA Endorsed
- Ofqual Regulated

LIFEGUARD AND FIRST AID QUALIFICATIONS



National Pool Lifeguard Qualification (NPLQ)

The RLSS UK National Pool Lifeguard Qualification (NPLQ) is the most awarded lifeguard qualification in the United Kingdom and Ireland and is internationally recognised.

The NPLQ is an excellent starting point for anyone looking for a career in the leisure industry.

Requirements

Every candidate attending a NPLQ course must be 16 years old at the time of taking the NPLQ final assessment and be able to:

- Jump/dive into deep water.
- Swim 50 metres in less than 60 seconds.
- Swim 100 metres continuously on front and back in deep water.
- Tread water for 30 seconds.
- Surface dive to the floor of the pool.
- Climb out unaided without ladder / steps and where the pool design permits.

Assessment

- Practical pool assessment
- Theory assessment
- Practical first aid & CPR assessment

Accreditation

- CIMSPA Endorsed
- Ofqual Regulated

National Rescue Award for Swimming Teachers & Coaches (NRASTC)

NRASTC is a supervision and rescue award for swimming teachers, coaches and/or instructors working during programmed activities, such as swimming lessons. It is suitable for teachers working in a wide range of swimming pools where the water is deeper than the teachers' standing depth and meets the Individual sites risk assessment.

What will I learn?

- The teacher, swimming pool and class management.
- Intervention rescue and emergency action.
- CPR and first aid.

Assessment

- Observation
- Worksheets

Accreditation

- CIMSPA Endorsed
- Ofqual Regulated
- 6 CPD Points



Level 3 Award in First Aid at Work (including AED)

The First aid at work training course provides the comprehensive set of practical skills needed by first aiders in most workplaces to become a confident first aider at work, giving both the ability and knowledge to deal with first aid emergencies. It meets the standards required to help comply with Health and Safety (First aid) regulations.

Who is this course suitable for?

- The role of the first aider.
- Managing an emergency.
- Communication and casualty care.
- Asthma and severe allergic reaction.
- Bleeding (minor & severe).
- Bone, muscle, joint, eye, head and spinal injuries.
- Burns and scalds.
- Chest pains (inc. heart attack).
- Choking, fainting and shock.
- Health and safety regulations.
- Low blood sugar.
- Poisoning.
- CPR.
- Seizures and stroke.
- Unresponsive casualty.

How long will my qualification be valid for?

The qualification will be valid for 3 years, although the HSE recommends that first aiders attend annual refresher training to help maintain basic skills and keep up to date with any changes to first aid procedures.

Assessment

- Continuous observation
- Written assessments

Accreditation

- CIMSPA Endorsed
- Ofqual Regulated

Level 3 Award in Emergency First Aid at Work

The aim of this qualification is for you to gain the skills, knowledge and competence required to administer emergency first aid and for you to recognise and manage illness and injury in the workplace.

This includes being able to assess, diagnose and treat casualties prior to the attendance of medically trained staff.

What will I learn?

- The role and responsibilities of the first aider.
- How to deal with and assess a casualty.
- Conduct a secondary survey.
- Be able to provide first aid to a casualty with suspected major illness.
- Administer first aid to a casualty with:
 - Injuries to bones, muscles and joints.
 - Suspected head and spinal injuries.
 - Suspected chest injuries.
 - Burns and scalds.
 - Eye injury.
 - Sudden poisoning.
 - Anaphylaxis.

How long will my qualification be valid for?

The qualification will be valid for 3 years, although the HSE recommends that first aiders attend annual refresher training to help maintain basic skills and keep up to date with any changes to first aid procedures.

Requirements

There are no prerequisites for this qualification.

Assessment

- Continuous observation
- Written assessments

Accreditation

- CIMSPA Endorsed
- Ofqual Regulated

Emergency First Aid for Schools

The aim of this qualification is for you to gain the skills, knowledge and competence required to administer emergency first aid and for you to recognise and manage illness and injury in the workplace. This includes being able to assess, diagnose and treat casualties prior to the attendance of medically trained staff. This course is suitable for all school staff, both Teachers and Support Staff. HSE, DFE and Ofsted compliant.

What will I learn?

- First Aid Priorities.
- Managing Incidents.
- Basic Life Support.
- Examination of a Casualty.
- Unconsciousness.
- Control of Bleeding.
- Burns and Scalds.
- Regulations.
- First Aid Kits.
- Recording and Reporting.
- Epi-Pen Administration.

Requirements

There are no prerequisites for this qualification.

How long will my qualification be valid for?

The qualification will be valid for 3 years, although the HSE recommends that first aiders attend annual refresher training to help maintain basic skills and keep up to date with any changes to first aid procedures.

Assessment

- Continuous observation
- Written assessments

Accreditation

- CIMSPA Endorsed
- Ofqual Regulated



Adult Mental Health First Aid

The 12-hour e-Mental Health First Aid (Wales) course teaches adults how to provide Mental Health First Aid to friends, families and co-workers.

Mental Health First Aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of an existing mental health problem, or in a mental health crisis. The first aid is given until the appropriate professional help is received or the crisis resolves

The Adult Mental Health First Aid (Wales) course is based on international MHFA Guidelines. Curriculum content is evidence-based, with the input of mental health professionals, researchers, and consumer advocates.

As a participant, you will gain improved knowledge of mental illnesses and their interventions, knowledge of appropriate first aid strategies, and confidence in helping individuals experiencing a mental health problem. This qualification is delivered through 5 hours self-directed study and 2 x 3-hour tutor led webinars.

What will I learn?

MODULE 1 INTRODUCTION TO MENTAL HEALTH

- Mental Health in Context.
- Stigma, Risk Factors and Early Intervention.
- The MHFA Model.

MODULE 2 DEPRESSION

- Introduction to Depression.
- Crisis First Aid for Suicidal Thoughts and Feelings.
- Crisis First Aid for Non-suicidal Self-injury.
- The MHFA Action Plan for Depression.

MODULE 3 ANXIETY

- Introduction to Anxiety.
- Crisis First for Panic Attacks.
- Crisis First Aid for Traumatic Experiences.
- The MHFA Action Plan for Anxiety.

WEBINAR 1 (3 HOURS TUTOR LED)

- Revision of Modules 1-3.
- Role of The Mental Health First Aider.
- Application of The MHFA Action Plan.
- Self-care for the Mental Health First Aider.

MODULE 4 PSYCHOSIS

- Psychosis: Introduction, Myths and Stigma.
- Signs and Symptoms of Psychosis.
- Crisis First Aid for Acute Psychotic Episodes.
- The MHFA Action Plan for Psychosis.

MODULE 5 SUBSTANCE USE

- Introduction to Substance Use.
- Crisis First Aid for Substance Use.
- The MHFA Action Plan for Substance Use.

WEBINAR 2 (3 HOURS TUTOR LED)

- Revision of Modules 4 & 5.
- Stigma and Judgements.
- Application of The MHFA Action Plan.

Requirements

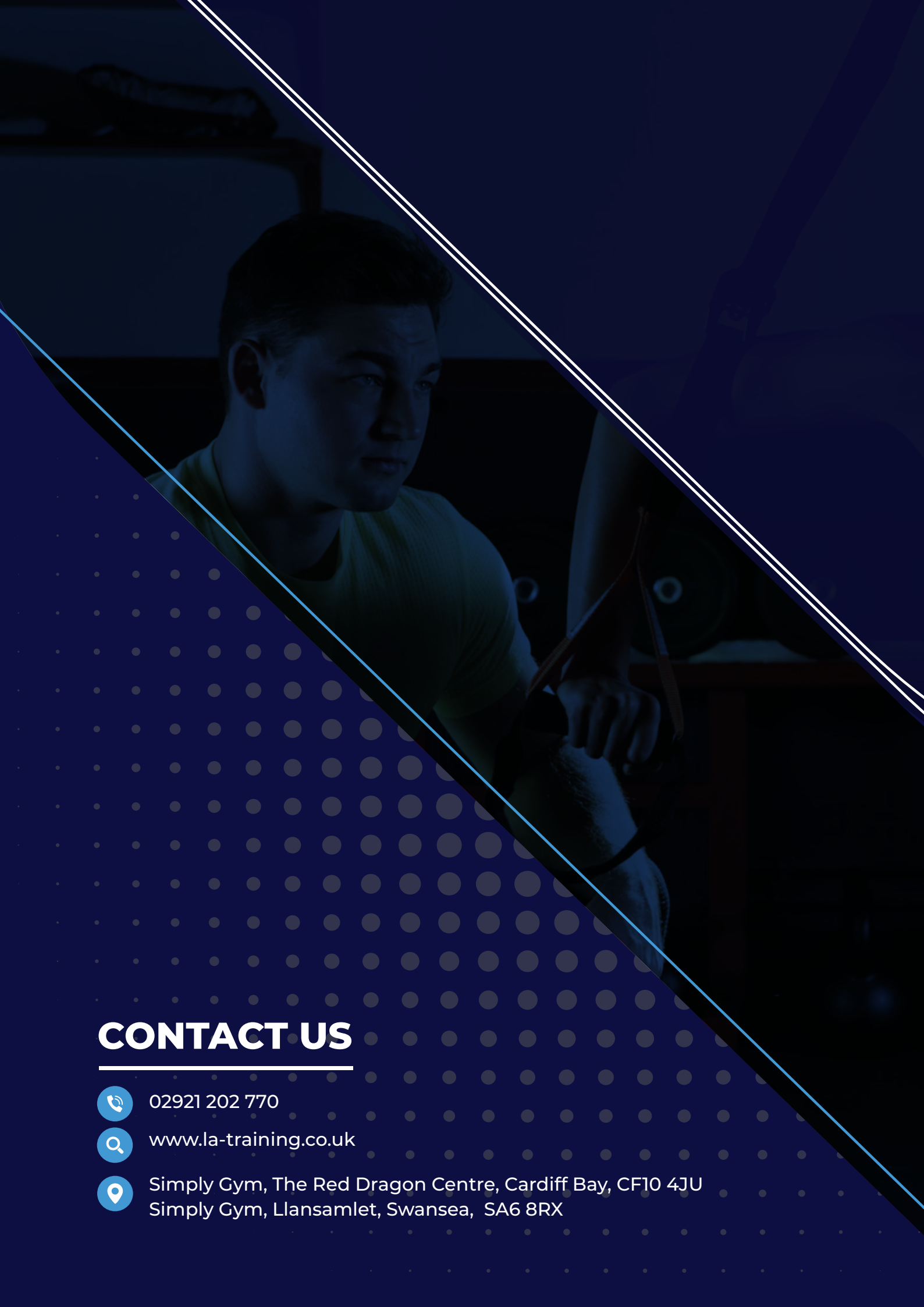
Learners must be aged 16+.

Assessment

- 100% webinar attendance
- Written worksheets
- Group participation

Accreditation

Ofqual Regulated



CONTACT US



02921 202 770



www.la-training.co.uk



Simply Gym, The Red Dragon Centre, Cardiff Bay, CF10 4JU
Simply Gym, Llansamlet, Swansea, SA6 8RX