THE GYM BRAUNTON

The Gym Braunton



LEVEL 2/3

PERSONAL TRAINING COURSE PROSPECTUS

THE GYM BRAUNTON

Welcome Message

Welcome!

By opening this Prospectus, you've just taken an exciting first step toward becoming a fully qualified Level 2/3 Personal Trainer.

Our programmes are designed to do more than just teach - they ignite confidence, connect academic excellence with real-world fitness industry experience, and set you on a path toward lasting career success. Whether you're just starting out or looking to level up your skills, we've created accredited learning journeys that are as inspiring as they are practical.

You'll benefit from expert instruction, high-quality resources, and a strong support network. We're committed to helping every student (from all walks of life) thrive. We believe in your potential, and we're here to guide you every step of the way.

Get ready to learn, grow, and be challenged. Your journey starts now!



Ben Taylor



Candice Ford

THE GYM BRAUNTON

Why study with us?

Unlock your full potential with an educational experience that goes beyond the ordinary. Here's what sets us apart:

- **World-Class Facilities**
  Train in cutting-edge, industry-standard environments designed to help you grow, learn, and thrive.
- **Expert Educators**
  Learn from passionate teaching staff who bring a powerful blend of academic expertise and real-world industry experience.
- **Focused Learning**
  We keep our class sizes small - not because we have to, but because we believe in personalised attention and meaningful mentorship. Quality over quantity, always.
- **One-to-One Support**
  You won't be just a face in the crowd. Enjoy regular, one-to-one sessions with your tutors to keep you on track, motivated, and moving forward with confidence.
- **Respected Qualifications**
  Earn credentials that are recognised and valued by industry leaders in fitness and education - opening doors to exciting career opportunities.
- **Pathways for Growth**
  We're committed to your long-term development, offering clear routes to further study, specialisation, and professional success.
- **Insurance Made Easy**
  Gain guaranteed access to competitively priced commercial insurance options - giving you one less thing to worry about as you launch your career.

THE GYM BRAUNTON

Contents

Course Overview 5

What Will You Gain From This Qualification 6

Units and Structure.....7

Where Could This Qualification Take You 8

How The Course Works 9

Equality and Diversity.....10

Course Overview

If you're ready to turn your passion for fitness into a powerful career, our **Level 2/3 Personal Training course** is your fast-track route into the world of professional fitness - whether you're just starting out or looking to take your training to the next level.

Here's an overview of the course:

Intensive. Practical. Career-Ready.

In just **40 hours of focused, hands-on learning**, you'll build the skills, confidence, and knowledge to assess client needs, design personalised programmes, and deliver real results. You'll graduate ready to support both your own training goals and those of your future clients.

Learn in a Real Business Setting.

Train inside a successful, fully operational fitness environment - not a classroom. Your tutors aren't just educators - they're active industry professionals who bring their real-world experience directly into your learning journey.

No Experience? No Problem.

Whether you're new to fitness or already obsessed with training, this course is built for you. From complete beginners to aspiring entrepreneurs, we'll equip you with everything you need to start working with clients or even launch your own fitness business.

Recognised. Respected. Ready for Work.

This commercial-level qualification is based on national occupational standards and is approved by the UK government's office for educational qualifications (Ofqual). It combines knowledge from personal training, sports rehabilitation, and long-term client care. It's the real deal - designed to help you hit the ground running as a **fully qualified Personal Trainer**, whether you're planning to be **employed or self-employed**.

✓ Who's It For?

• Ages **16+**, including recent school leavers
• Career changers or returners to education
• Fitness fans ready to make it official

Insurance Access Guaranteed.

Upon completion, you'll gain **guaranteed access to competitive commercial insurance rates**, so you can start training clients professionally - immediately.





What Will You Gain From This Qualification?

This isn't just a certificate - it's your gateway to a career in the fitness industry.

By the time you complete this course, you'll walk away with **real-world skills and in-depth knowledge** in:

- **Anatomy and Nutrition**
- **Professional Practice & Ethics**
- **Health & Fitness Principles**
- **Delivering One-to-One and Group Training Sessions**

You'll not only **understand the theory** - you'll be able to **apply it confidently** in gyms, high-performance sports settings, or your very own fitness business.

Stand Out With Industry-Ready Skills

Alongside technical expertise, we focus on building the **employability skills** that employers and clients look for:

- Strong communication
- Tech literacy and fitness tech know-how
- Teamwork in dynamic environments
- Industry insights from professionals who live and breathe this work every day

Our tutors and programme leaders aren't just educators, they're current practitioners, bringing **cutting-edge knowledge and experience straight into your sessions**.

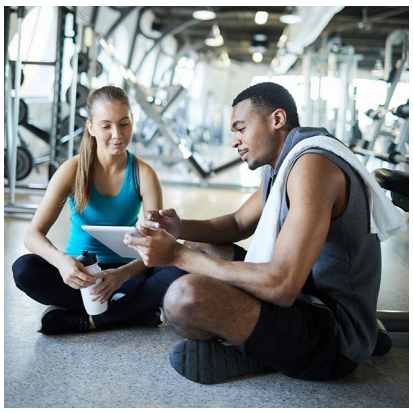
Whether you're looking to work in an elite sports facility, become a freelance trainer, or launch your own brand, **this qualification gives you the foundation, the skills, and the confidence to make it happen**.





Units & Structure

The structure of the qualification is comprised of SIX units which are all mandatory



- Functional Anatomy for Training & Performance
- Principles and Fundamentals of Personal Training
- Nutrition for Performance, Health & Fitness
- Programming & Delivering Personal Training
- Fitness in Business
- Reflective Case Study

These have been formed into assessment booklets which you will complete and submit at the end of the course.

During the course, the student will:

- Learn about the legal and professional aspects of personal training
- Learn how to develop their career in terms of setting up as a self-employed personal trainer, managing a personal training business, and through marketing strategies, building it up to be successful
- Gain a thorough knowledge of functional anatomy and its application to personal training
- Learn how to structure, plan and deliver exercise sessions for one-to-one and group training. Design programmes to meet a variety of potential client needs in dynamic settings
- Learn how to design and structure sessions and programmes to specifically target and meet individual client needs and requirements
- Gain a thorough grounding in nutrition particularly as it applies to exercise, elite performance and a healthy lifestyle
- Learn how lifestyle and medical conditions affect a client's health and wellbeing
- Learn how to communicate well with clients and conduct consultations in order to encourage them to adopt a healthy lifestyle

Students will gain a fully recognised Level 2/3 qualification.
They will have guaranteed access to insurance at competitive rates in order to be able to practise professionally.

Where Could This Qualification Take You?

Completing this course opens the door to a wide range of exciting career paths in the world of physical training. You'll graduate with the essential skills, knowledge, and confidence needed to thrive in the fitness industry, whether your goal is to work in a gym, run your own business, or specialise in a particular area of training.

But the journey doesn't stop here.

In a fast-evolving industry where knowledge can become outdated within just a few years, staying ahead means committing to lifelong learning. That's why we champion ongoing professional development and offer a diverse portfolio of CPD courses to help you continually grow and adapt in your career.

Our qualifications are highly respected by employers and industry bodies alike. As a graduate, you'll not only be qualified to work as a personal trainer, you'll also be eligible to obtain the necessary insurance and begin working professionally with clients right away.

We're here to support your long-term success, every step of the way.



How The Course Works

This immersive 40-hour course is designed to combine hands-on learning with guided study to give you a well-rounded, career-ready qualification.

You'll take part in practical assessments and complete your course booklets as you go, with support from your tutor through both in-person sessions and online learning. The course runs multiple times throughout the year, offering flexibility to fit your schedule.

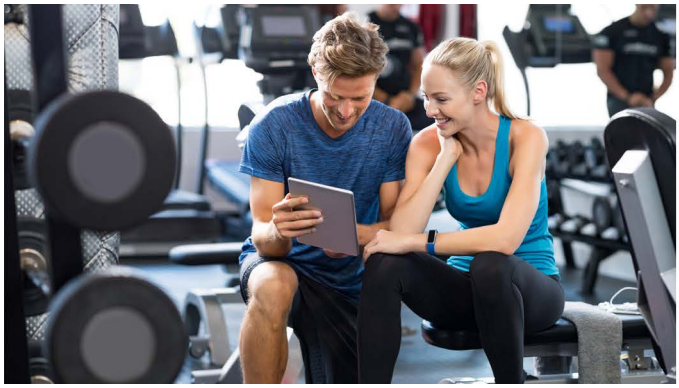
Once enrolled, you'll receive your tutor's full scheme of work - your roadmap for the course. It outlines key dates, session content, and breaks to align with national holidays and school terms, so you always know what's coming next.

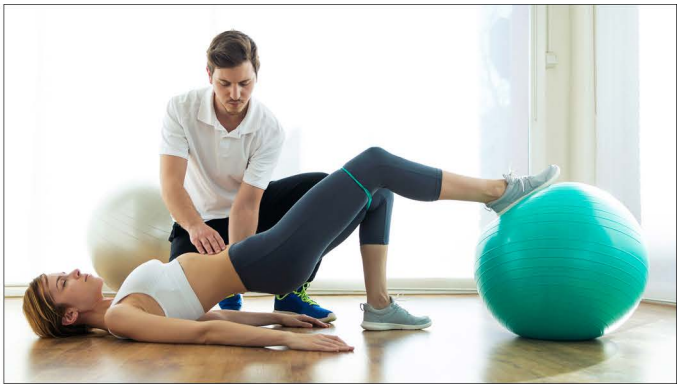
Each week, expect to commit to around **4 hours of homework** as a baseline, though this may vary depending on your previous experience. Don't worry if you're completely new to the field - the course is built with beginners in mind, and we'll support you every step of the way.

All essential course materials are provided, along with optional resources and recommended websites to deepen your understanding and expand your knowledge beyond the core curriculum.

Get ready to learn, apply, and grow - this is more than a course; it's your launchpad into the fitness industry.







Equality & Diversity

Supporting You Every Step of the Way

We encourage 100% attendance to help you get the most out of your learning experience, but we also understand that life can be unpredictable. If challenges arise, we'll do everything we can to support you and help you stay on track.

By enrolling, you're agreeing to the scheduled dates and times, but that doesn't mean you're on your own. We're here to work with you, not against you.

Our open-access policy means everyone is welcome, no matter your background, experience, or learning style.
This course does include practical elements, but if you have concerns about access or participation, please talk to us. We'll listen, and we'll do our best to make the course work for you.

We believe that diversity of thought, experience, and ability is what makes learning meaningful. After all, what a dull world it would be if we were all the same! Your individuality is valued here.

As a small and dedicated teaching provider, we're proud to offer a personalised approach. That means more flexibility, more support, and more room to help you thrive.

Show up, be yourself, and let's succeed together.





Qualification Information

This course is delivered by:

The Gym Braunton

in association with Wellbeing Fitness Education Centre.

It is verified by Focus Awards, the Ofqual Regulated Awarding Organisation.

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