

Course Name	Entry Requirement
Package deals	
Level 2 Gym instructor and Level 3 Personal Training package	<p>Learners are required to be 16 years and above to be accepted onto the course.</p> <p>Experience of gym-based exercise, including free weights, is highly recommended.</p> <p>The course requires physical exertion and individual participation is essential; therefore, a degree of physical fitness is necessary.</p> <p>There is also an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 2.</p>
Level 3 and Level 4 Sports Massage Therapy package	<p>Learners are required to be 16 years and above to be accepted onto the course.</p> <p>There is also an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 2.</p>
British Weightlifting level 1 Award in Coaching Weightlifting and Level 2 Certificate in Coaching Weightlifting package	<p>Level 1 Award in Coaching Weightlifting</p> <p>Be at least 17 years of age on the first day of the course.</p> <p>Have some experience of the lifts and weightlifting.</p> <p>Be able to communicate effectively in English.</p> <p>Level 2 Certificate in Coaching Weightlifting</p> <p>Have completed a 1st4sport Level 1 Award in Coaching Weightlifting or 1st4sport Level 2 Award in Instructing Weightlifting.</p> <p>Be at least 18 years of age on the first day of the course.</p> <p>Have some experience of the lifts and weightlifting.</p> <p>Be able to communicate effectively in English.</p>
7 wonders of Fitness package	No entry requirement required.

Course Name	Entry Requirement
Level 2 Courses	
Award in instructing studio cycling	<p>A suitable Level 2 Fitness Instructing qualification.</p> <p>Some Experience of studio cycling is preferable.</p> <p>As the course requires some physical exertion with individual participation essential, a degree of physical fitness is necessary.</p> <p>Learners should have basic skills in communication (discussing, presenting, reading and writing).</p>
Certificate in Fitness Instructing (Gym)	<p>Experience of gym-based exercise, including free weights, is highly recommended.</p> <p>The course requires physical exertion and individual participation is essential; therefore, a degree of physical fitness is necessary.</p> <p>There is also an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 2.</p>
Certificate in Fitness Instructing (Exercise to Music)	<p>Experience of studio-based exercise classes is highly recommended.</p> <p>The course requires physical exertion and individual participation is essential; therefore, a degree of physical fitness is necessary.</p> <p>There is also an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 2.</p>
Award in Instructing circuit sessions	Level 2 Certificate in Fitness Instructing – Gym/Exercise to Music.
Level 3 Courses	
Diploma in Personal Training	<p>Learners must hold a suitable level 2 qualification in gym instructing.</p> <p>The course requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary.</p> <p>There is an element of communication (discussing, presenting, reading and writing) and maths involved, so learners should have basic skills in communication and maths pitched at level 2 (as a minimum).</p>
Award in Designing Pre and Post Natal exercise programmes	Level 2 Certificate in Fitness Instructing or Equivalent.
Diploma in sports massage therapy	<p>Learners must be 16+ years of age.</p> <p>As an element of communication is involved throughout this course, learners should have good basic skills in communication.</p>

Course Name	Entry Requirement
Level 3 Courses	
Award in Nutrition for physical activity	A suitable Level 2 qualification in Fitness Instructing. There is an element of communication (discussing, presenting, reading and writing) and maths involved, so learners should have basic skills in communication and maths pitched at level 2 (as a minimum).
Award in Instructing Outdoor fitness	Level 2 Certificate in Fitness Instructing – Gym-Based Exercise or Exercise to Music.
Diploma in Exercise Referral	Level 3 Certificate in Personal Training (or equivalent), however candidates may still work towards this qualification with their level 2 Certificate in Fitness Instructing qualification but will need to complete additional units including Anatomy & Physiology and Nutrition at Level 3.
Level 4 Courses	
Certificate in Sports Massage Therapy	Learners are required to be 16 years and above to be accepted onto the course. There is also an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 2.
Certificate in Strength and Conditioning	Learners must be 16+ years of age. Level 3 Personal Training Qualification, Level 3 Coaching Qualification, Level 3 Strength & Conditioning Qualification (or equivalent).
Award in Internal Quality assurance of assessment processes and practice	Learners must hold one of the following qualifications or their recognised equivalent: Level 3 Award in Assessing Competence in the Work Environment. Level 3 Award in Understanding the Principles and Practices of Assessment. Level 3 Certificate in Assessing Vocational Achievement. <i>Learners must also:</i> Show current evidence of continuing professional development in assessment and quality assurance. Have up-to-date working knowledge and experience of best practice in assessment and quality assurance.

Course Name	Entry Requirement
Weightlifting Coaching and Workshops	
L1 Award in Coaching Weightlifting	Be at least 17 years of age on the first day of the course. Have some experience of the lifts and weightlifting. Be able to communicate effectively in English.
L2 Certificate in Coaching Weightlifting	Have completed a 1st4sport Level 1 Award in Coaching Weightlifting or 1st4sport Level 2 Award in Instructing Weightlifting. Be at least 18 years of age on the first day of the course. Have some experience of the lifts and weightlifting. Be able to communicate effectively in English.
L2 Award in Olympic Weightlifting	Be at least 17 years of age on the first day of the course. Have some experience of the lifts and weightlifting. Be able to communicate effectively in English.
L2 Course for technical Officials	Level 1 Award in Coaching Weightlifting. Be at least 16 years of age on the day of purchase. Have some experience of the sport and competition.
FTScotland Kettlebells Instructor Award	Level 2 Certificate in Instructing Exercise & Fitness.
Tri-Planar Kettlebells	No entry requirement required.
Suspension Training	No entry requirement required.
Pad work	No entry requirement required.
Fueling Exercise for Physical Activity	No entry requirement required.
Power clubs	No entry requirement required.
Medicine Ball	No entry requirement required.
Obesity Myths	No entry requirement required.

