

# Level 2 module dates

## ● Gym instructing

Bristol		
Code	Course	Assessment
3130	19–22 May 08	9–12 Jun 08
3562	17–20 Jun 08	2–3 Jul 08
3128	4–7 Jul 08	19–20 Jul 08
3312	2–3 & 9–10 Aug 08	28–31 Aug 08
3334	8–11 Sep 08	29–30 Sep 08
3364	3–6 Oct 08	20–23 Oct 08
3402	8–9 & 15–16 Nov 08	29–30 Nov 08
3494	8–11 Dec 08	18–19 Dec 08

London		
Code	Course	Assessment
3198	6–9 May 08	20–23 May 08
3200	31 May–1 Jun & 7–8 Jun 08	21–22 Jun 08
3265	9–12 Jun 08	23–24 Jun 08
3442	7–10 Jul 08	28–29 Jul 08
3319	7–10 Aug 08	11–12 Sep 08
3342	6–7 & 13–14 Sep 08	27–28 Sep 08
3367	6–9 Oct 08	23–24 Oct 08
3391	1–4 Nov 08	15–16 Nov 08
3491	1–4 Dec 08	11–12 Nov 08

Midlands		
Code	Course	Assessment
3120	21–24 Apr 08	6–9 May 08
3118	27–30 May 08	9–12 Jun 08
3443	14–17 Jul 08	30–31 Jul & 1 Aug 08
3330	19–22 Sep 08	6–8 Oct 08
3387	3–6 Nov 08	21 & 24–25 Nov 08

Buckinghamshire		
Code	Course	Assessment
3090	13–16 May 08	27–29 May 08
3435	1–4 Jul 08	17–18 Jul 08
3373	13–16 Oct 08	6–7 Nov 08
3517	15–18 Dec 08	TBC

Manchester		
Code	Course	Assessment
3292	29 Apr–2 May 08	17–18 May 08
3310	2–3 & 9–10 Aug 08	30–31 Aug 08
3386	1–2 & 8–9 Nov 08	22–23 Nov 08

Edinburgh		
Code	Course	Assessment
3116	9–12 Jun 08	24–26 Jun 08
3337	1–4 Sep 08	16–18 Sep 08
3403	10–13 Nov 08	1–3 Dec 08

## ● Exercise to music

Bristol		
Code	Course	Assessment
3085	28 Apr–2 May 08	17–20 May 08
3351	19–21 & 27–28 Sep 08	11–12 & 18–19 Oct 08
3551	1–5 Dec 08	16–19 Dec 08

London		
Code	Course	Assessment
3079	28–30 Mar & 5–6 Apr 08	19–20 & 26–27 Apr 08
3080	2–6 Jun 08	21–22 & 28–29 Jun 08
3339	1–5 Sep 08	20–21 & 27–28 Sep 08
3383	25–26 Oct & 1–3 Nov 08	22–23 & 29–30 Nov 08

## ● Exercise and fitness knowledge level 2

Distance learning course code: EFKL2-DL

ASSESSMENT DATES

Bristol	London	Midlands	Manchester	Edinburgh	Buckinghamshire
14 Apr 08	16 Apr 08	8 Apr 08			
27 May 08	12 May 08		16 May 08	8 May 08	30 May 08
6 Jun 08	26 Jun 08	23 Jun 08			
8 Jul 08		18 Jul 08	5 Jul 08	4 Jul 08	16 Jul 08
29 Aug 08	11 Aug 08	28 Aug 08			
12 Sep 08	30 Sep 08			5 Sep 08	
17 Oct 08	10 Oct 08		4 Oct 08		17 Oct 08
	5 Nov 08	26 Nov 08		14 Nov 08	
12 Dec 08	19 Dec 08	12 Dec 08			

## ● Gym instructing (fastrack)

Distance learning course code: FT

ASSESSMENT DATES

Bristol	London	Midlands	Manchester	Edinburgh	Buckinghamshire
16 Apr 08	17 Apr 08				
29 May 08	20 May 08	13 May 08	16 May 08	8 May 08	30 May 08
16 Jun 08	25 Jun 08				
25 Jul 08		18 Jul 08	5 Jul 08		16 Jul 08
24 Sep 08		1 Oct 08	4 Oct 08	5 Sep 08	
	15 Oct 08	27 Oct 08			17 Oct 08
26 Nov 08	14 Nov 08			14 Nov 08	
	8 Dec 08	11 Dec			

# Level 3 module dates

## ● Nutrition and weight management

Taught module				Distance learning option course code: NMW-DL					
Bristol		London		Bristol	London	Midlands	Manchester	Edinburgh	Bucks
Code	Course	Code	Course						
				14 Apr 08	16 Apr 08	8 Apr 08			
				27 May 08	12 May 08		16 May 08	8 May 08	30 May 08
				6 Jun 08	26 Jun 08	23 Jun 08			
				8 Jul 08		18 Jul 08	5 Jul 08	4 Jul 08	16 Jul 08
				29 Aug 08	11 Aug 08	28 Aug 08			
				12 Sep 08	30 Sep 08			5 Sep 08	
				17 Oct 08	10 Oct 08		4 Oct 08		17 Oct 08
					5 Nov 08	26 No 08		14 Nov 08	
				12 Dec 08	19 Dec 08	12 Dec 08			

## ● Advanced gym programming

MODULE DATES FOR STUDENTS COMPLETING EXERCISE & FITNESS KNOWLEDGE LEVEL 3 DISTANCE LEARNING

(Exercise and fitness knowledge level 3 / Advanced programming combined assessment)

Bristol		
Code	Course	Assessment
3077	12-13 & 19-20 Apr 08	20 Apr 08
3078	2-5 Jun 08	5 Jun 08
3446	14-17 Jul 08	17 Jul 08
3341	6-7 & 13-14 Sep 08	14 Sep 08
3370	13-16 Oct 08	16 Oct 08
3409	21-24 Nov 08	24 Nov 08

Midlands		
Code	Course	Assessment
3075	16-19 Jun 08	19 Jun 08
3452	21-24 Jul 08	24 Jul 08
3331	26-29 Sep 08	29 Sep 08
3485	1-4 Dec 08	4 Dec 08

London		
Code	Course	Assessment
3167	18-21 Apr 08	21 Apr 08
3187	10-11 & 17-18 May 08	18 May 08
3188	2-5 Jun 08	5 Jun 08
3189	27-30 Jun 08	30 Jun 08
3458	26-27 Jul & 2-3 Aug 08	3 Aug 08
3321	26-29 Aug 08	29 Aug 08
3356	26-29 Sep 08	29 Sep 08
3377	18-19 & 25-26 Oct 08	26 Oct 08
3406	17-20 Nov 08	20 Nov 08
3515	15-18 Dec 08	18 Dec 08

Manchester		
Code	Course	Assessment
3296	7-8 & 21-22 Jun 08	22 Jun 08
3533	6-7 & 13-14 Sep 08	14 Sep 08
3509	13-14 & 20-21 Dec 08	21 Dec 08

## ● Advanced gym programming (continued)

Edinburgh		
Code	Course	Assessment
3073	30 Jun–3 Jul 08	3 Jul 08
3349	19–22 Sep 08	22 Sep 08
3510	15–18 Dec 08	18 Dec 08

Buckinghamshire		
Code	Course	Assessment
3070	9–12 Jun 08	12 Jun 08
3350	15–18 Sep 08	18 Sep 08
3497	8–11 Dec 08	11 Dec 08

## ● Health screening and fitness assessment Assessment for this module is carried out during the course

Bristol		London		Midlands		Manchester		Edinburgh		Buckinghamshire	
Code	Course	Code	Course	Code	Course	Code	Course	Code	Course	Code	Course
3064	23 May 08	3181	19 May	3066	20 Jun 08	TBC		3455	22–23 Jul 08	TBC	
3453	23–24 Jul 08	3451	19–20 Jul 08	3388	13–14 Nov 08						
3557	25–26 Sep 08	3329	15–16 Sep 08								
3512	15–16 Dec 08	3425	27–28 Nov 08								

## ● Personal training in alternative environments

Bristol		London		Midlands		Edinburgh		Buckinghamshire	
Code	Course	Code	Course	Code	Course	Code	Course	Code	Course
3060	26 Apr 08	3168	22 Apr 08	3332	30 Sep 08	3511	19 Dec 08	3058	13 Jun 08
3447	18 Jul 08	3178	1 Jul 08						
3417	25 Nov 08	3385	27 Oct 08						
		3516	19 Dec 08						

## ● Business skills

Assessment for this module is completed in your own time and submitted to the Lifetime office for grading

Distance learning course code: BS-DL

## ● Ante/post natal

Bristol		London		Midlands		Edinburgh	
Code	Course	Code	Course	Code	Course	Code	Course
3053	6–7 May 08	3175	14–15 Jun 08	3366	2–3 Oct 08	3055	14–15 Apr 08
3353	22–23 Sep 08	3344	8–9 Sep 08			3056	7–8 Jul 08
3508	13–14 Dec 08	3400	6–7 Nov 08				

## ● Older adult

Bristol		London		Midlands		Edinburgh	
Code	Course	Code	Course	Code	Course	Code	Course
3051	8–9 May 08	3172	13–14 May 08	3378	20–21 Oct 08	3046	16–17 Apr 08
		3561	14–15 Aug 08				
		3369	13–14 Oct 08				

## ● GP referral

Bristol		London		Theory assessment dates course code: GP-DL	
Code	Course	Code	Course	Bristol	London
3032	12–16 May 08	3045	28 Apr–2 May 08	27 May 08	12 May 08
3336	15–19 Sep 08	3316	18–22 Aug 08	6 Jun 08	26 Jun 08
		3390	10–14 Nov 08	29 Aug 08	11 Aug 08
				12 Sep 08	30 Sep 08
				17 Oct 09	10 Oct 08
					5 Nov 08
					14 Nov 08
				12 Dec 08	19 Dec 08

# Open days

Bristol	London	Midlands	Manchester	Edinburgh	Bucks
15 Apr 08	17 Apr 08	2 Apr 08	4 Jul 08	16 Apr 08	12 May 08
28 May 08	21 May 08	12 May 08	3 Oct 08	23 Jun 08	24 Jul 08
17 Jun 08	25 Jun 08	25 Jul 08		23 Sep 08	24 Sep 08
1 Jul 08	15 Jul 08	2 Sep 08			10 Nov
13 Aug 08	20 Aug 08	20 Nov 08			
22 Sep 08	9 Sep 08				
28 Oct 08	7 Oct 08				
18 Nov 08	12 Nov 08				

# CPD workshops

## ● Group studio cycling

Bristol		London		Midlands		Edinburgh	
Code	Course	Code	Course	Code	Course	Code	Course
3258	30 May 08	3436	4 Jul 08	3457	25 Jul 08	3567	4 Jul 08
3326	15 Aug 08	3340	5 Sep 08	3559	28 Nov 08	3384	24 Oct 08
3401	7 Nov 08	3500	12 Dec 08				

## ● Core stability

Bristol		London		Midlands		Edinburgh	
Code	Course	Code	Course	Code	Course	Code	Course
3261	18 Apr 08	3323	12 Aug 08	3461	28 Jul 08	3489	4 Dec 08
3315	8 Aug 08	3496	9 Dec 08	3407	19 Nov 08		

## ● Circuits solutions

Bristol		London		Midlands		Edinburgh	
Code	Course	Code	Course	Code	Course	Code	Course
3263	17 Apr 08	3260	3 Apr 08	3264	14 May 08	3490	5 Dec 08
3333	5 Sep 08	3324	13 Aug 08	3380	27 Oct 08		
TBC	5 Dec 08	3424	26 Nov 08				

## ● Business skills for the personal trainer

Bristol		London	
Code	Course	Code	Course
3266	26 Jun 08		

## ● Functional and sports specific training

Bristol		London		Midlands		Edinburgh	
Code	Course	Code	Course	Code	Course	Code	Course
3463	28 Jul 08	3256	10 Apr 08	3416	27 Nov 08	3274	6 May 08
		3365	2 Oct 08				

## ● Sports and performance nutrition

Bristol		London		Midlands		Edinburgh	
Code	Course	Code	Course	Code	Course	Code	Course
3317	28 Aug 08	3276	18 Jun 08	3277	25 Jun 08	3278	7 May 08

## ● Obesity

London	
Code	Course
3347	12 Sep 08

# Course fees

## Level 2 awards

**Fitness Instructor Award** £595

- Exercise and fitness knowledge level 2
- Gym instructing

**Fastrack Fitness Instructor Award** £345

- Exercise and fitness knowledge level 2
- Gym instructing

**Professional Fitness Instructor Award** £695

- Exercise and fitness knowledge level 2
- Gym instructing
- Choice of 2 CPD workshops

**Exercise to Music Instructor Award** £595

- Exercise and fitness knowledge level 2
- Exercise to music

**Combined Instructor Award** £895

- Exercise and fitness knowledge level 2
- Gym instructing
- Exercise to music

## CPD Workshops

**Group studio cycling** £100

**Business skills for the personal trainer** £100

**Core stability** £100

**Circuits solutions** £100

**Functional and sports specific training** £100

**Sports and performance nutrition** £100

**Obesity** £100

- Theoretical module – distance learning options are available
- Practical taught module

Please note: Where indicated by a '●' prices refer to modules being completed as distance learning. An additional payment of £100 for each of these modules is applicable if you choose to attend the module as a taught course.

Entry requirements apply to enrol on some level 3 awards, please refer to the course brochure for details.

Prices for individual modules are available – contact a Lifetime course advisor for prices and details: 0117 907 8200.

● Distance learning option

● Taught module

## Level 3 awards

**Diploma in Personal Training** £2395

- Exercise and fitness knowledge level 2
- Gym instructing
- Nutrition and weight management
- Health screening and fitness assessment
- Exercise and fitness knowledge level 3
- Advanced gym programming
- Business skills
- Personal training in alternative environments
- Choice of Ante/post natal or Older adult
- One CPD workshop (choice)

**Diploma in Personal Training with Referred Populations** £3195

- Exercise and fitness knowledge level 2
- Gym instructing
- Nutrition and weight management
- Health screening and fitness assessment
- Exercise and fitness knowledge level 3
- Advanced gym programming
- Business skills
- Personal training in alternative environments
- Ante/post natal
- Older adult
- GP referral
- Two CPD workshops (choice)

**Diploma in Personal Training (CURRENT INSTRUCTORS)** £1895

- Nutrition and weight management
- Health screening and fitness assessment
- Exercise and fitness knowledge level 3
- Advanced gym programming
- Business skills
- Personal training in alternative environments
- Choice of Ante/post natal or Older adult
- One CPD workshop (choice)

**Certificate in Personal Training** £1245

- Nutrition and weight management
- Exercise and fitness knowledge level 3
- Advanced gym programming
- Business skills

● **Ante/Post Natal** £345

● **Older adult** £345

**Advanced Fitness Instructor Award** £625

- Exercise and fitness knowledge level 3
- Advanced gym programming

**Nutrition and Weight Management Award** £365

- Nutrition and weight management

● **GP Referral** £595