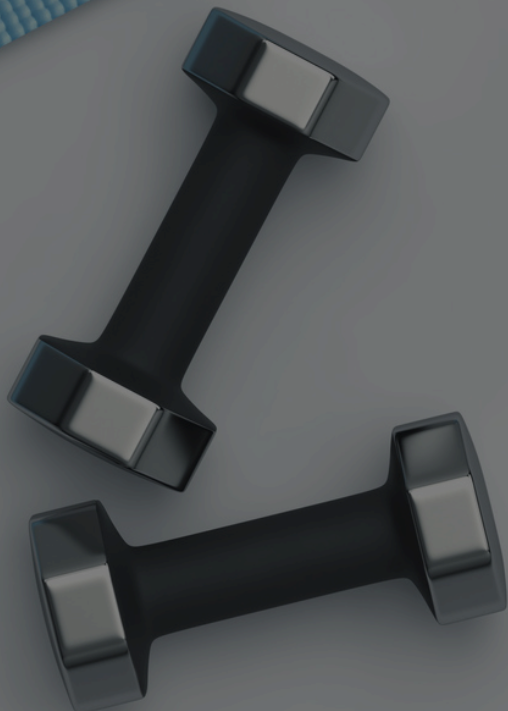


TherapyFit

COURSE PROSPECTUS



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A WORD FROM THE DIRECTOR

Hi, i'm Marvin, the founder and director of TherapyFit Training Academy.

I started TherapyFit with the idea of changing the fitness industry and the professionals that work in it.

My career started as a fitness instructor, before getting into personal training and then becoming a tutor assessor in fitness. I started in the fitness industry back in 2008 at an LA Fitness. Having spent 2 years as an instructor, taking inductions and classes, I decided it was time to progress and i made the switch to a personal trainer at the same club and it was the best decision i'd ever made. Whilst working as a personal trainer i decided to get into fitness education and have done so since 2012.

It was here, where i decided things need to change within the fitness industry. Having worked for some of the largest providers in the UK, I always felt more should be being done to produce good quality fitness professionals and provide them with the knowledge, tools and skills to succeed in the industry.

Hence the creation of TherapyFit. Our promise to you is that we will provide you with good, quality course materials, unrivalled tutor guidance and post-course support to ensure once qualified, you're fully equipped to step into the industry!



TherapyFit

WHO ARE WE

We are an established training provider who specialise in delivering high quality, flexible health, fitness and sports massage courses, through a bespoke learning model. With bases in Glasgow, Birmingham and Swansea, along with our dedicated online student platform, our courses are designed to be accessible to everyone, from anywhere! All of our courses are OFQUAL regulated and approved by CIMPSA via two awarding bodies. Our team consists of individuals who are current practitioners in their relevant field and possess over 25 years of fitness and therapy experience. Our promise to you is that our team of tutors and assessors are innovative, passionate, knowledgeable and resourceful and will cater to your needs pre, during and post course.

WHAT WE DO

We offer health, fitness and sports massage courses via a wide range of delivery methods. We ensure every learners unique needs are met, whether that is through full time intensive study, part time workshops or through an industry first 1-2-1 mentor model.

OUR MISSION

To be the preferred, most trusted and client-focused training provider in the UK. Thus providing learning, development and qualifications that meet the goals and aspirations of each of our learners.





Student Testimonial



"When I decided I wanted to **pursue a career** in sports massage therapy, I was looking around for the best course to do. Looking back, I'm so **glad** I chose **TherapyFit** to go with. From start to finish, I felt completely **supported**—their **guidance, flexibility,** and understanding of my busy schedule were **outstanding**. Even now, after passing the course, I continue to receive **invaluable support** as I embark on my new career. I can't **thank** TherapyFit enough for helping me achieve this goal!

Kieran Piggott
Level 3 Diploma in Sports Massage Therapy



WHAT WE OFFER

LEVEL 2

Certificate in Gym Instructing

The VTCT Level 2 Certificate in Instructing Gym-based Exercise is a VRO aimed at learners aged 16+ who are either in a full-time level 2 education programme, a part time programme at a college or with a private training provider, and wish to pursue a career as an employed fitness instructor of gym-based exercise. The qualification is based on the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) professional standards for instructing gym based exercise.

Award in Instructing Kettlebell Sessions

The VTCT Level 2 Award in Instructing Kettlebell Training Sessions has been specifically designed to develop your practical skills to plan, prepare, instruct and reflect upon kettlebell training sessions, providing continuous professional development for those with existing fitness qualifications.

Award in Instructing Group Cycling

The VTCT Level 2 Certificate in Instructing Group Studio Cycling is an Occupational Qualification aimed at learners aged 16+ who are either in a full-time Level 2 education programme, a part time programme at a college or with a private training provider, and wish to pursue a career within the fitness industry as a group studio cycling instructor.

TherapyFit



Student Testimonial



"I'm thrilled to have passed the Level 3 Personal Training course with Therapy Fit Training Academy! The course was comprehensive, engaging, and perfectly tailored to fit my busy schedule. Even as an online learner, the support from the tutors was outstanding—they were always available to answer questions and provided invaluable feedback throughout the journey.

I can't recommend Therapy Fit Academy enough for anyone looking to get their PT qualifications. This course has truly set me up for success in the fitness industry"

Steffani Deans
Level 3 Certificate in Personal Training



WHAT WE OFFER

LEVEL 3

Certificate in Personal Training

Regulated by OFQUAL and approved by CIMSPA and REPs, The Level 3 Certificate in Personal Training is aimed at learners who are looking to become a personal trainer and who have achieved a Level 2 Certificate in Fitness Instruction. The Level 3 Certificate in Personal Training aims to provide the learner with the knowledge and skills required for an individual to work unsupervised as a personal trainer. 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.

Diploma in Fitness and Personal Training

The VTCT Level 3 Combined Diploma in Personal Training is an Occupational Qualification aimed at learners aged 16+ who are either in a full-time level 3 education programme, a part time programme at a college or with a private training provider, and wish to pursue a career as a gym instructor, an employed or self-employed personal trainer. The qualification is based on the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) professional standards for personal training.

This qualification includes both the level 2 certificate in fitness (gym) instructing and level 3 certificate in personal training combined.

WHAT WE OFFER

LEVEL 3 CONTINUED...

Diploma in Exercise Referral

The VTCT Level 3 Diploma in Exercise Referral is a technical level qualification that provides learners with the knowledge, understanding and skills to work as an exercise referral instructor, planning and delivering safe and effective programmes for patients with a number of medical conditions.

Learners must one of the qualification below, or equivalent qualifications which give entry to the Register of Exercise Professionals:

- Level 2 Certificate in Fitness Instructing (Gym, Exercise to Music or Aqua)
- Level 3 Certificate in Personal Training

Award in Pre and Postnatal

The VTCT Level 3 Award in Designing Physical Activity Programmes for Antenatal and Postnatal Clients is a specialist vocational qualification focused on developing the knowledge, understanding and skills needed for working with this specialist population.

Throughout this qualification you will develop an in depth-understanding of the physiological and biomechanical changes associated with pregnancy, the key considerations when programming physical activity for antenatal and postnatal clients and the benefits of physical activity. You will develop your communication and screening skills and those required to design and adapt programmes to meet the specific needs of antenatal and postnatal clients. You will also develop the ability to provide relevant and appropriate support and advice.

TherapyFit

WHAT WE OFFER

LEVEL 3 CONTINUED...

Diploma in Sports Massage Therapy

The VTCT Level 3 Diploma in Sports Massage Therapy is a technical level qualification aimed at developing the knowledge, understanding and technical skills needed for a career as a Sports Massage Therapist, either employed or self employed. The content of this qualification is comprised of all the required elements needed to work effectively and efficiently as a sports massage therapist. This includes anatomy and physiology, professional practice, an understanding of the principles of health and fitness and how to provide sports massage treatments. The level 3 sports massage therapist will be able to work safely and effectively on dysfunctional tissue in a range of context, to include, pre-event, post event, intra-event and for maintenance purposes.

Award in Nutrition for Physical Activity

The VTCT Level 3 Award in Nutrition for Physical Activity is a qualification that has been designed to enhance your knowledge of nutrition for physical activity.

In this qualification you will develop your knowledge and understanding of the principles of nutrition, key guidelines, nationally recommended practice, the relationship between nutrition and physical activity, how to collect and use nutritional information, and the principles of nutritional goal setting. You will also develop the skills and techniques needed to collect and analyse nutritional information, and apply nutrition to an exercise and physical activity programme in support of client goals.

TherapyFit

WHAT WE OFFER

LEVEL 4

Certificate in Sports Massage Therapy

The primary outcome of the VTCT Level 4 Certificate in Sports Massage Therapy is to prepare you to enter the specific sector of sports massage as a sports massage practitioner working with injured clients. All the units in this qualification relate directly to the specific job role of a sports massage practitioner.

This is a vocational qualification and includes all the required elements to work effectively as a sports massage practitioner including the units, conducting subjective and objective assessment, providing sports massage techniques to prevent and manage injury, and treatment modalities to support soft tissue repair.

Specifically, this qualification will develop your knowledge and understanding of anatomy and physiology to work on post acute injury and pre existing conditions, dealing with musculo-skeletal and para-tendon injuries.



TherapyFit



Student Testimonial



"Completing my personal training qualification with TherapyFit was one of the **best decisions** I've made for my career and personal **growth**. The course was **thorough, well-structured**, and delivered by expert instructors who **genuinely cared** about my progress. From practical, hands-on sessions to **in-depth theory**, every part of the course was designed to **prepare** me for real-world **success**. The support team was incredibly **responsive**, and the online resources made it easy to learn at my **own pace**. I highly **recommend** them to anyone looking to enter the fitness industry!"

Aimee Rickards

Level 3 Diploma in Fitness and Personal Training

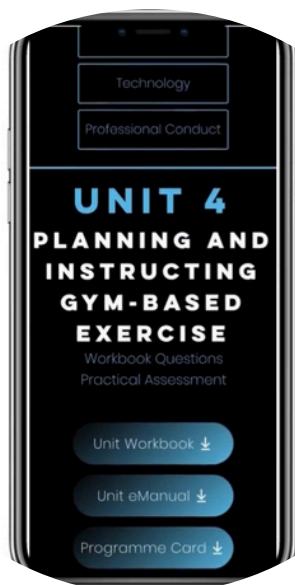


COURSE METHODS

ONLINE

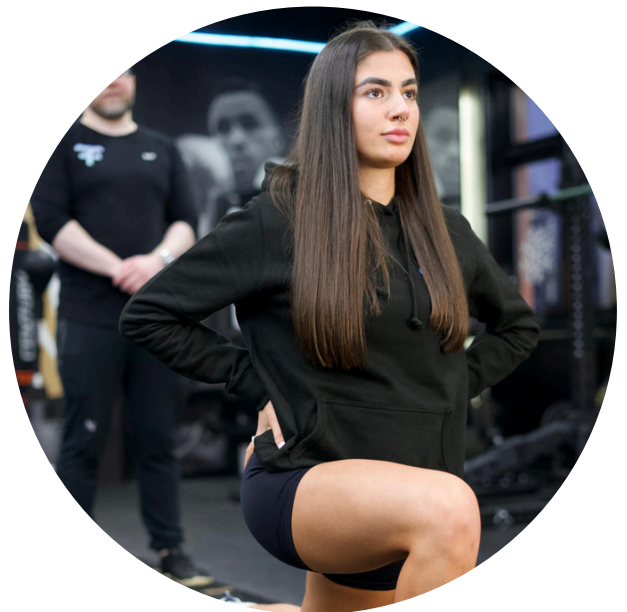
You will study the course via our brand new e-learning platform located on the backend of our website. We know everyone learns differently and we don't have a one way fits all approach with lots of alternative resources for your use including:

- E-Books
- Manuals
- Interactive e-learning
- Interactive quizzes
- Online lectures
- Videos for guidance and demonstration



FACE TO FACE

Our in-person course is ideal if you feel you would benefit from more face to face interaction, but still like the flexibility that the online course provides. The 1-2-1 mentor method gives you the best of both worlds! You will get the flexibility of when you can start and then attend a minimum of 4 sessions with a dedicated tutor at your own venue (with permission) or at our head office



TherapyFit



Student Testimonial



The delivery was **spot on** and really helped understanding and comprehension. The support I got from the team was **excellent**. As a qualified teacher (PGCE) I have high expectations and requirements, the tutor (Feron) and the whole team Marvin in particular, to be honest went **well above** these requirements. Would I recommend this training provider to my peers? **Yes, without question**. Everything was spot on and made as easy to access as possible, including the online training materials, the ebook and practice exams also came in **very handy**.

I'll be certainly **going back** to these guys.

Andy Leaves
Level 3 Diploma in Sports Massage Therapy



COMMON QUESTIONS

WHY ARE YOUR COURSES SO CHEAP?

Our aim is to make our courses affordable and accessible to everyone. Due to our partnerships with some of the biggest gym chains, we simply have no overheads.

Rather than paying out for facilities etc, we have agreements in place with our partner gyms to provide them with good, quality personal trainers, as well as up-skilling their current trainers. Also, our courses can be completed online and in your own fitness facility (with management permission) meaning we don't have to pay for venue hire.

ARE YOUR QUALIFICATIONS INTERNATIONALLY RECOGNISED?

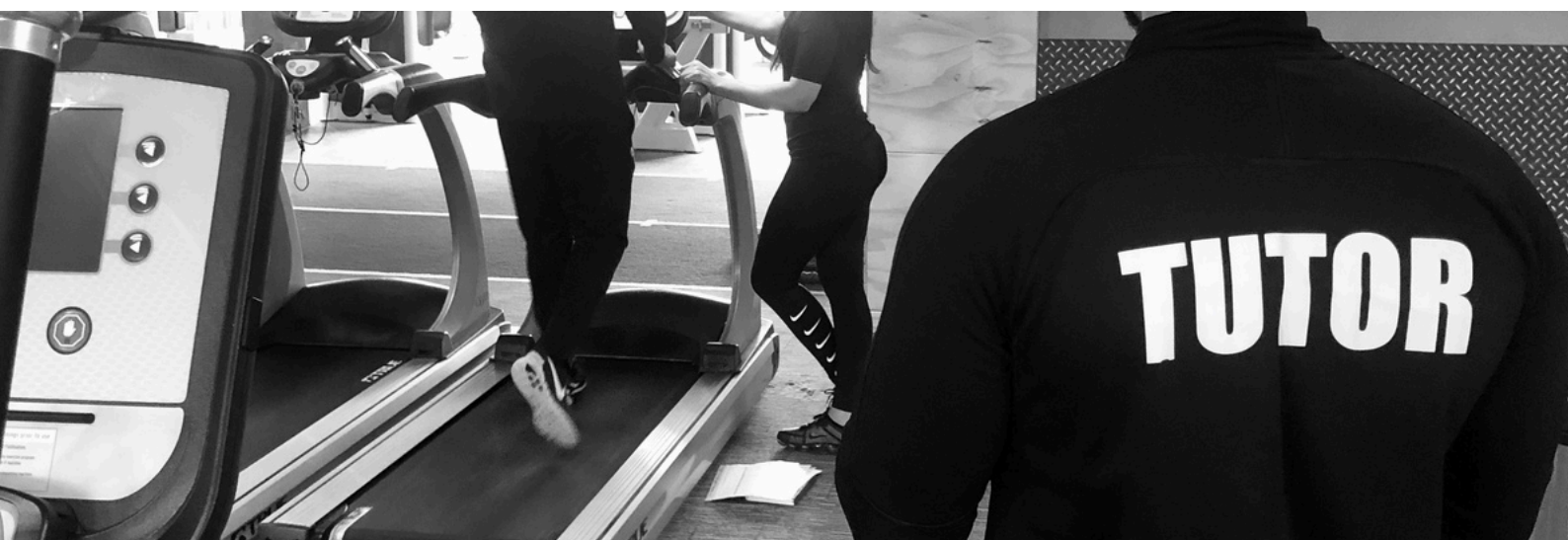
Yes. UK qualifications are recognised all over the world, and where there is a national register of exercise professionals with an agreement in place for mutual recognition, certificates should be recognised for those seeking employment abroad. However, this decision ultimately lies with the relevant country and their local jurisdictions. See EuropeActive and ICREPs for further guidance and information.

HOW WILL I BE ASSESSED?

Assessment methods vary course to course. You may be required to sit external theory exams to assess knowledge competence on some courses. On ALL courses you will be required to complete a workbook (portfolio) and a practical assessment which can be completed in-person or via video submission

WHAT QUALIFICATIONS DO I NEED TO START A COURSE?

This depends on each qualification. See each individual course for their requirements. We'd also recommend being able to communicate and read / write in English to at least a level 2.



COMMON QUESTIONS

WHAT IF I FAIL MY EXAM?

We don't like the word fail, and instead we use the word refer. Should you refer on an exam it simply means you're not ready YET. We offer free resists on all of our external theory exams

I HAVE A DISABILITY, CAN I STILL DO A COURSE?

Absolutely. We at TherapyFit Training Academy are committed to ensuring those with a disability, including learning disability are treated fairly and have an equal opportunity to complete their course. Working with the awarding body we will create a plan to ensure course materials, resources and assessment methods are accessible to all.

CAN YOU HELP ME FIND A JOB ONCE QUALIFIED?

Yes. We work with a number of employment partners, specifically gyms and clinics who have exclusivity to our qualified students and therefore you will be put into interview with your chosen facility.

WHAT RESOURCES ARE AVAILABLE TO ME WHILST I STUDY?

We have a dedicated student platform on which you can access course manuals and powerpoint presentations produced by the awarding body. We have handouts, printouts, technique and training videos and recommended extra reading resources all within this platform.

WHAT LOCATIONS DO YOU OFFER COURSES IN?

We have dedicated centres in Birmingham, Glasgow and Cardiff. However, online courses can be completed from anywhere in the world with remote tutor support. Our mentored option means the course can be completed from your own facility (with management permission) - we will come to you!





Student Testimonial



I have recently **completed** my level 3 **Diploma in Fitness Instructing and Personal Training** and I can say the tutor Gary and Marvin at Therapy fit have been **amazing** and have helped me **progress** over the past 7 months and I have learnt a lot through them which i will be **using** going forward. They are very **professional**, super **friendly** and always on hand to **help** at a **quick response** rate. I would **highly recommend** TherapyFit to pursue your goal as a qualified **personal trainer!** Thank you for **changing my dream carer** and my **life** to help everyone's **fitness goals!**

Bradley Dodd
Level 3 Diploma in Fitness and Personal Training



SO WHAT NEXT?

If you're serious about a career in health and fitness then we'd be happy to help! You can enrol and start your course today! we'll also give you **10% off** to get started.

Either visit the website - www.therapyfit.co.uk and use the code "**therapyfit**"

Contact us via email - info@therapyfit.co.uk

Get in touch via phone or WhatsApp - [03301227517](tel:03301227517)

Or book a career discovery call for when suits you - therapyfit.youcanbook.me/

Once enrolled you'll be given immediate access to our student zone and allocated a dedicated tutor, who will get in touch with you to discuss how to start your desired course

ON SOCIAL MEDIA? GIVE US A FOLLOW





TherapyFit

