

The **European Institute of Fitness** launches its **UK-Intensive** Personal Trainer course

THE EUROPEAN INSTITUTE OF FITNESS launched today its 14-day UK intensive blended learning course based at the world renowned Lilleshall National Sports Centre. The success achieved at its residential academy located in the coastal town of Javea in Spain will now spill over directly into the UK itself with its new split Virtual Classroom / 14-Day residential course preparing students of all abilities and backgrounds for a career in fitness. With a reputation for excellence and many years of experience delivering fast-track courses Institute Director Darren Tebbenham explains: "Success doesn't happen by accident, one has to embrace one's own strengths and fully engage in a learning experience to truly excel. This new part online, part residential intensive is based on our 6-week residential course, considered the gold standard in PT education. This new format offers a great opportunity for people to ease into a new career and yet profit from the benefits of full time intensive study."

With exclusive access to their new gym facility Lilleshall offers an elite training environment for an elite PT course. This is not a course run from a commercial gym but an experience set in the magnificent Shropshire setting with everything on-hand to build a practical skill set essential for the effective PT. Already regarded the most practical and comprehensive course in Europe the Institute's Advanced Diploma in Personal Training enables graduates to access the UK register for exercise professionals and full Master Trainer certification. Full accommodation is provided with offers this month to include full board during this 14-day stay.

If you are looking for a convenient course Darren Tebbenham continues, "...you will only get convenient outcomes. However, if you are prepared to dedicate yourself to your training anyone can achieve incredible success in this fast-growing and lucrative industry. This blended course gives people an option to retrain without the necessity of spending a long

time away from their homes and family and yet during the two weeks will experience what they need to push themselves beyond their limitations preparing themselves to return not just competent but confident ready to launch into their new careers as personal trainers."

The program consists of a pre-learning element covering what is termed Fitness Foundation including exercise physiology, biomechanics and exercise psychology before a LIVE and interactive 2 month taught element covering PT Application (health appraisal and fitness assessment, program writing and circuits) as well as PT Focus (one on one training, nutrition and weight management, sports and strength conditioning, injury prevention and management, clinical exercise and referral, lifestyle management and PT business). During this time students experience the benefits of a virtual classroom bringing full PowerPoint displays, video streaming and audio presentation to bring learning to life. And with on-screen polling, chat and live question and answer sessions no student is left behind. This of course accumulates in a 14-day intensive at the centre of excellence itself.

During the 14 days of full time study students engage in mobile and outdoor PT, practical components of becoming a PT including spotting and assisted stretching, conducting fitness consultations, developing sales skills and delivering many hours of 1/2 hr and 1 hr PT to members of the public, athletes and coaches alike under the close supervision of their experienced full time coaching team flown in especially for this two-week intensive. Students graduate as Master Trainers, the industry's elite Personal Trainers each guaranteed with personal trainer positions and ready to embark on an amazing new career!

For more information about this course
you can speak to a careers coach on **0845 0944 007**

