

# CERTIFIED PERSONAL TRAINER AND FITNESS COACHING COURSE



JOAN & AUGUSTINE

**PRO**ACADEMY

# BECOME A WORLD CLASS PERSONAL TRAINER AND FITNESS COACH



**If you are passionate about fitness and enjoy helping others become stronger, then make this your career!**

Developed by World-Class Fitness Champions – Augustine Lee and Joan Liew, this intensive and in-depth Personal Training and Fitness Coaching Course is conducted by the Joan and Augustine Pro Academy at Fitness Factory at Boat Quay. It equips students with both practical and functional knowledge of core fitness principles and techniques in effective Personal Training. The knowledge and skills gained from this course allows individuals to confidently and expertly approach client interactions to create bespoke training and nutrition plans enabling them to successfully attain their health and fitness goals.



## WHO THIS COURSE IS FOR

**This course is ideal for those who are seeking to:**

- become a certified Personal Trainer and Fitness Coach
- embark on a career within the health and fitness industry
- build capabilities, upgrade or re-skill in this sector
- adopt a professional approach in the fitness industry and coaching related knowledge, skills and techniques to enhance employability

## ENTRY REQUIREMENTS

Passing grade on GCE O/N Levels or equivalent.

## COURSE OUTLINE

The Personal Trainer and Fitness Coaching Course has been designed to equip graduates with knowledge and competencies in the following:

- Role & Scope of a Personal Trainer
- Human Anatomy
- Exercise Physiology
- Biomechanics and Applied Kinesiology
- Resistance and Strength Training
- Flexibility and Stretching
- Nutrition, Hydration, Diet and Weight Management
- Fundamental Training and Dynamic Coaching Techniques
- Conducting Client Consultations, Screening and Evaluation
- Fitness Assessment Selection and Administration
- Training Program Design and Execution
- Facility and Equipment Layout and Maintenance
- Workplace Safety and Injury Prevention

	Module 1	Module 2	Module 3
<b>Intensive Contact Hours</b> - Alternate weekends - Saturdays and Sundays	50	50	50
<b>Observation Hours</b>	14	20	20
<b>Personal Practice Hours</b>	36	36	36
<b>Teaching Practice Hours</b>	—	24	24
<b>Total Hours</b>	100	135	135

## ASSESSMENT AND GRADING

100% attendance for all Intensive Contact Hours as well as completion of all other Hours within each module is mandatory.

Participants must attain a minimum of an 85% pass in the written examination at the end of each module, and obtain a satisfactory grading by supervising instructors on the Observation, Personal Practice and Teaching Practice Hours before graduating on to next modules and completion of the course.

## QUALIFICATION

Upon successful completion of the course, all graduates will receive a **Certificate in Personal Training and Fitness Coaching** conferred by the Joan & Augustine Pro Academy.

***Joan and Augustine Pro Academy is an accredited training centre by the Institute of Technical Education, Singapore.***

## COURSE FEES

Introductory Offer: **30% off** for Module 1 2020 intake

U.P. ~~\$4000~~ per module

Now at **only \$2800**

***Early Bird Special:*** Register Before 26 March to enjoy **30% discount for ALL 3 modules!\***

*\*Terms and conditions apply*

*Price above is subjected to GST*

Inclusive of registration, course material, examination and gym access for mandatory course work.

*In event of partial course completion, we regret that refunds will not be awarded.*



# ABOUT THE COMPANY

Helmed by Augustine Lee and Joan Liew, the Joan & Augustine Pro Academy provides training courses to develop the skills and competencies you require to work as Personal Trainers and Fitness Professionals. Our courses focus on applied learning and skill application at the workplace, allowing participants to be exposed to real challenges and expectations of the industry, and learn how to transfer knowledge from classroom to the workplace.

Joan & Augustine Pro Academy aims to raise the standards of the Fitness industry in Singapore and beyond. Whether you are looking to become a Personal Trainer, up-skill on a specialist course, or start your career through an apprenticeship, we have options available for you.

## COURSE LOCATION

Courses are provided by the Joan and Augustine Pro Academy and are held at Fitness Factory by, unless otherwise advised.

Fitness Factory is located at 82 Boat Quay, #02-01, Singapore 049870.



## FIND OUT MORE

For more information or to register for the Personal Trainer and Fitness Coaching Course, please visit our website or contact us at:

[www.fitnessfactory.com.sg](http://www.fitnessfactory.com.sg)

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