

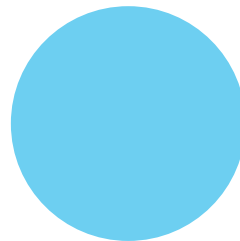


FitCert



FITNESS COURSES FOR EVERYONE

FIND YOUR IDEAL COURSE WITH FITCERT



info@fitcert.ie 

085 888 6414 

FitCert.ie 

Fitness Instructor & Personal Trainer Course

EVERYTHING YOU NEED TO KICKSTART YOUR
CAREER IN THE FITNESS INDUSTRY

Fitness Instructor

€1,000

[Book now](#)

6 week course - Part time

Daytime / Evening & Weekend
Options Available

EQF Level 3 Fitness



Personal Trainer

€1,500

[Book now](#)

9 week course - Part time

Daytime / Evening & Weekend
Options Available

EQF Level 4 Fitness



PT Plus Course

€2,300

[Book now](#)

Includes Personal Trainer
+ Fitness Instructor Course

Daytime / Evening & Weekend
Options Available

EQF Level 3 in Fitness Instruction
+ EQF Level 4 in PT

What you get?

Become a fully qualified Personal Trainer with FitCert's Personal Trainer Course. Applicants must have already completed our Fitness Instructor Course or similar Students who have received this qualification from a different course provider may need to up skill for FitCert.

Our Personal Trainer Course comes with an ITEC level 3 (EQF level 4)

This ITEC EQF Personal Trainer Course Certificate is accepted worldwide - making it easy to find work in the Fitness Industry abroad or here in Ireland.

FitCert's Personal Trainer Course builds on our Fitness Instructor Course by taking a more in-depth look at functional anatomy, physiology, exercise physiology and nutrition. Our course enables candidates to provide clients with personalised training programmes and one to one sessions to improve their overall fitness including strength, flexibility and cardio-respiratory function. In addition each candidate will be able to provide their client with detailed lifestyle advice to maintain all aspects of their health, fitness and well being.

Qualifications Gained:

EQF Level 4 in Personal Training

Course Content:

- Advanced lifts & functional training techniques
- How to harness metabolism to fight fat
- Nutritional factors in health & performance
- Biomechanics of resistance training
- Fitness testing & administration, scoring and interpretation of selected results
- Athletic development
- Warm ups relative to the training
- Spotting and coaching plyometrics speed, agility and quickness

Seminars include:

- Group Instruction
- Suspension training
- Studio cycling
- Barbell complexes
- Kettlebell



Sports Massage & Injury Therapy

€900

[Book now](#)

Our Sports Massage Course comes with TWO ITEC Qualifications (EQF level 4 & 5)

The main aim of the ITEC Certificate in Sports Massage & Injury Therapy is to enable learners to gain the practical and theoretical skills necessary to provide Sports Massage Therapy.

It is designed for learners to gain entry in the sport and active leisure industry. It includes roles such as per, post, inter, maintenance, restorative and corrective massage using a range of functional and Advanced Techniques.

This Qualification combines the full range of skills & knowledge for the learner seeking employment or self-employment as a Sports Massage Therapist. This is the only ITEC qualification in Sports massage that covers all the skills required to become a Sports massage Therapist at EQF Level 5.

Qualifications Gained:

EQF Level 5 in Sports Massage & Injury Therapy

Course Content:

- Treatment modalities to support soft tissue repair
- Sports massage techniques to prevent and manage injuries
- Functional Anatomy, Physiology for sports therapies
- Nutrition for sports therapies
- Applying sports massage methods to non-pathological tissue
- Understanding the principles and practices of subjective assessment
- Evaluating the range of objective assessment methods used to gather information
- Carry out subjective assessments of clients
- Pathophysiology of common injuries
- Designing a sports treatment plan
- Understanding treatments to support soft tissue repair
- Cryotherapy during soft tissue repair
- Heat treatments
- Understanding the principles of soft tissue techniques used in sports massage
- Applying soft tissue massage treatment



Pilates Instructor

€900

Book now

Our Pilates Instructor Course comes with an ITEC Qualification (NQF level 4)

The main aim of the Diploma in Pilates Teaching is to enable students to gain the necessary practical and theoretical skills to plan and instruct Pilates classes.

It also aims to provide an opportunity for students to focus on the development of the major functional skills and the wider functional skills in a sports and fitness context, such as communicating with clients, working with others and problem-solving. It provides opportunities for students to develop a range of skills, techniques, personal qualities and attitudes essential for successful performance in employment as a Pilates Teacher.

Qualifications Gained:

NFQ Level 4 Diploma in Pilates Teaching

Course Content:

- Preparation of environment
- Understanding long-term behaviour changes in Pilates teaching
- Principles of informed consent
- Information gathering and applying to a Pilates plan
- Principles of Pilates within each exercise of the Pilates method
- Breathing engagement concepts
- Thirty-Four original Pilates exercises and adaptations
- Program design and review
- Planning, delivering and Instructing Pilates sessions



Nutrition

€650

[Book now](#)

Our Nutrition Course comes with an ITEC Level 4 Qualification

The main aim of the ITEC Level 4 Certificate in Nutrition for physical activity is to enable students to gain the practical and theoretical skills necessary to provide nutritional advice for active leisure, recreation and physical activity.

This includes the ability to explain the meaning of key nutritional terms. In relation to physical activity levels and other relevant factors, to identify energy expenditure for different physical activities and to evaluate the nutritional requirements and hydration needs of clients engaged in physical activity.

Qualifications Gained:

L3 in Nutrition for Physical Activity

Course Content:

- Nutritional goal setting
- Identifying the calorific values of nutrition
- Calculating macro nutrients
- Calculating dietary needs specific to sport
- Calculating macro nutrients for Cutting weight/bulking
- Understanding nationally recommended practice in relation to providing nutritional advice
- Interpreting food labelling information
- Calculating metabolic rates



Strength & Conditioning

€250

[Book now](#)

Our Nutrition Course comes with an ITEC Level 4 Qualification

The main aim of the ITEC Level 4 Certificate in Nutrition for physical activity is to enable students to gain the practical and theoretical skills necessary to provide nutritional advice for active leisure, recreation and physical activity.

This includes the ability to explain the meaning of key nutritional terms. In relation to physical activity levels and other relevant factors, to identify energy expenditure for different physical activities and to evaluate the nutritional requirements and hydration needs of clients engaged in physical activity.

Qualifications Gained:

ITEC EQF Level 3

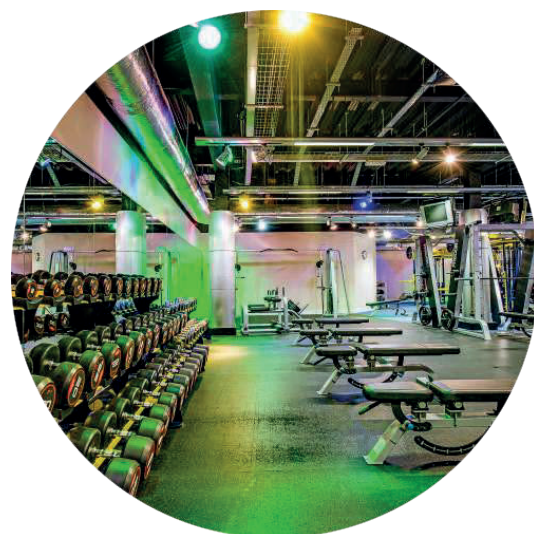
Course Content:

- Functional movement screening
Corrective strategies
- Self Myofascial release
- Warm up strategies and preparation for explosive lifting
- Olympic lifting- stages of clean and snatch
- Programming
- Delivering strength and conditioning sessions

Facilities

Our state of the art facilities include:

- Custom built classrooms
- Use of the gym facility to assist student progress
- On site restaurant
- Use of sauna & steam room
- Current and modern equipment
- High performance unit in dkit
- Privacy for practical teaching
- Our Offaly facility is custom built by a past student





What makes us different?

Our Vision:

Through the knowledge gained on the Fitcert Fitness Instructor & PT course you will be educated and qualified to work in a gym, sports club, leisure facility, cruise ship with Steiner and with teams and athletes.

We provide a business platform to give you every possible advantage to succeed in the fitness industry.

The main difference at Fitcert is that we believe our students learn effectively through practical training, enabling you to hit the ground running. We educate on what is current, relevant and conducive to the modern fitness world.

All courses are specifically designed to suit your lifestyle.

Our Tutors:

The mix of tutors & athletes provides a fantastic balance between theory and practical work. Some of our tutors are on the Registered Council of Ireland which takes 5 years to achieve to become a Qualified Teacher on top of a decade to 15 years of working in gyms. Our tutors do not stand still in their own education while continually furthering their own education.

Suzanne our Nutrition mentor is currently in 5th year with the royal college of surgeons. On the practical side of things we have a champion bodybuilder who guides all our students through the movement patterns and a world deadlifting champion will take a seminar on the highly beneficial movement of deadlifting.

All students can correspond with tutors electronically to assist with study outside of college time.



Payment Plans Available

Course	Payment	Total	Start Date
Fitness Instructor	Deposit: €300 Payment 1: €300 Payment 2: €400	€1000	23rd Jan
Personal Trainer	Deposit: €400 Payment 1: €400 Payment 2: €400 Payment 3: €200	€1500	6th Mar
PT Plus	Deposit: €300 Payment 1: €300 Payment 2: €400 Payment 3: €400 Payment 4: €400 Payment 5: €500	€2300 (€2100 if paid upfront)	23rd Jan
Sports Massage & Injury Therapy	Deposit: €300 Payment 1: €500 Payment 2: €500 Payment 3: €500 Payment 4: €200	€2000	24th Jan
Pilates Instructor	Deposit: €300 Payment 1: €300 Payment 2: €300	€900	TBA
Nutrition	One-time payment of €650	€650	23rd Jan
Strength & Conditioning	One-time payment of €250	€250	TBA

Book your course today!

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THANK YOU!

What are you waiting for?

We are always happy to speak to new students. If you already know what you want or if you are thinking about this for the first time, we are happy to chat and help you decide what is best for you.

**LIMITED PLACES
AVAILABLE**

**BOOK SOON TO AVOID
DISAPPOINTMENT**



Contact Eimear today!

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