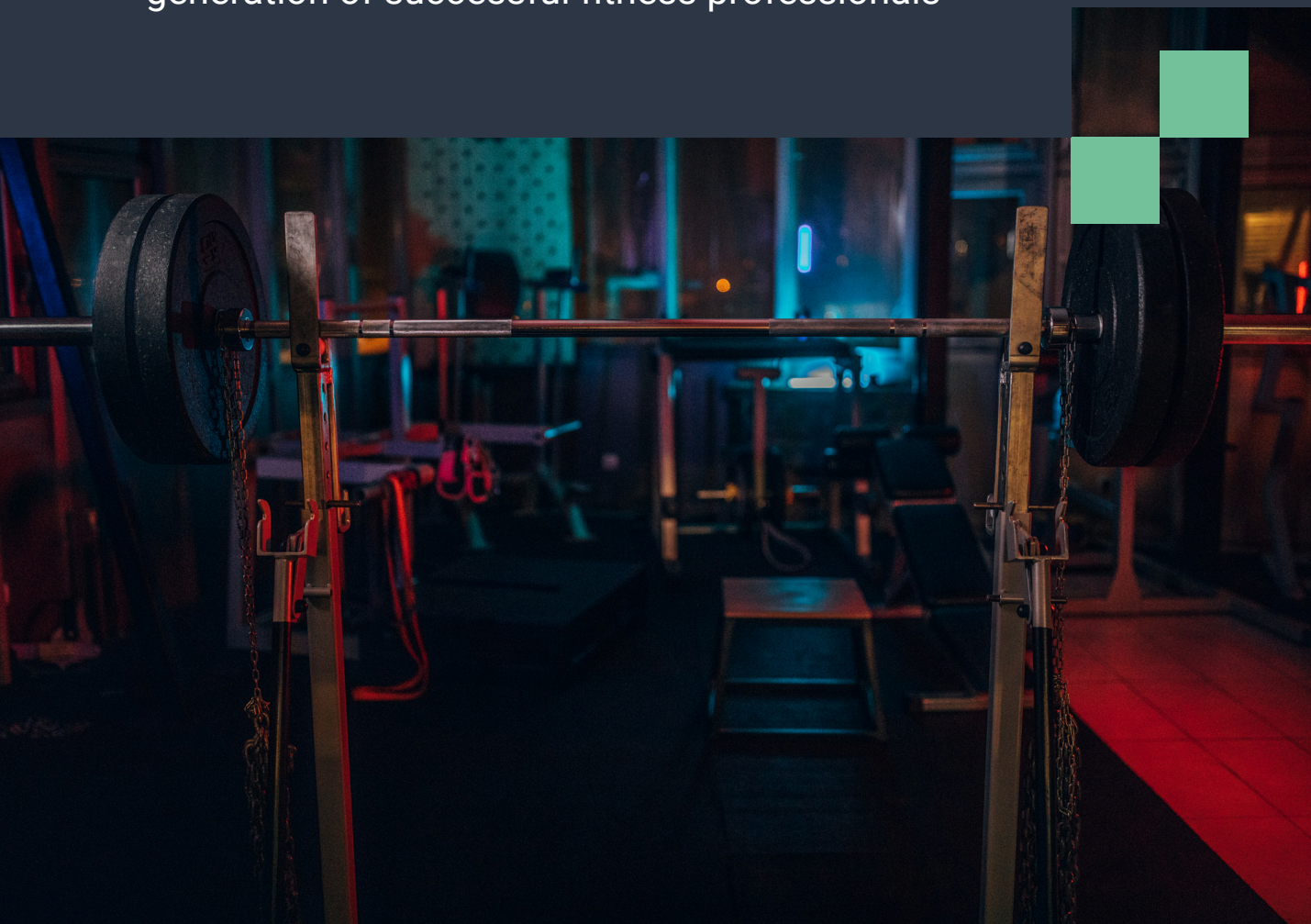




# STUDENT PROSPECTUS

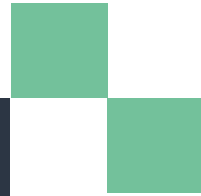
Career-focused education for the next  
generation of successful fitness professionals



Unit 3 The Cluny Works, 36 Lime Street,  
Newcastle, NE1 2PQ

support@fitpro-x.uk  
www.fitpro-x.uk

# A Bit About Us



## Who are we?

At FITPRO-X, we provide industry-leading fitness qualifications that combine the flexibility of online learning with real-world, practical training. We're passionate about empowering aspiring trainers to build a lasting career through high-quality education, mentorship, and hands-on experience. Our courses are designed for quick qualification, allowing you to become a certified personal trainer in as little as 14 weeks.

We offer a unique blend of government-funded programmes, professional mentorship, and exclusive discounts, making it easier to access top-tier education without financial strain. You'll receive one-on-one guidance from experienced fitness professionals who are invested in your success. Plus, our focus on real-world training means you won't just learn theory—you'll gain confidence working directly with clients, ensuring you're job-ready from day one.

FITPRO-X offers more than courses; we help you build a thriving career. Whether your goal is to coach clients, lead group sessions, or start your own fitness business, we equip you with the skills, certification, and support to succeed. With FITPRO-X you'll join a network of fitness experts who are transforming their passion into a rewarding profession.

Start your journey into the fitness industry today.



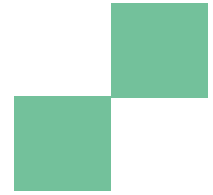
We're excited to help you take the first steps towards a career in an industry that has brought me much fulfilment and all of my opportunities. Having helped over 2000 students enter the industry I have learned a lot about the importance of providing a tailored service to meet your individual ambitions and I have every faith that you will be another of our success stories.

**Alexander Parr**  
Founder

# Our Courses

We offer a range of industry-recognised courses designed to help you thrive in the fitness world. Each programme blends academic excellence with practical training to ensure you're fully prepared for a successful career.

All our courses are delivered through an intuitive online platform, allowing you to study at your own pace. You'll have access to comprehensive resources, interactive learning, and real-world training opportunities that prepare you for a successful career in the fitness industry.



## L3 Personal Training Certificate

Designed to enhance your knowledge in fitness, the Level 3 Personal Training Certificate is the next step if you already have your Level 2 Gym Instructor qualification. Expect to learn how to design and deliver personal training programmes as well as a more in-depth study of nutrition for PT clients.



## L3 Personal Training Diploma

With no prior knowledge or qualifications needed, our full diploma will transform your passion for fitness into the skills and knowledge to launch a successful PT business. Expect to learn how to deliver a Gym Induction, design and deliver PT sessions and an in-depth study of nutrition.



## L3 Exercise Referral

Prepare to support clients with health conditions by designing safe, effective exercise programmes tailored to their needs. This course will teach you how to work confidently with referrals from healthcare professionals and expand your pool of potential PT clients.

# Fees and Funding

## Tuition Fees

- Level 3 Personal Training from £750+VAT
- Level 3 Exercise Referral from £1,100+VAT
- Combined Level 2 & 3 Personal Training from £1,400+VAT
- Combined Level 2 & 3 Personal Training and Exercise Referral from £2,200+VAT

## Recognition

All three of our courses are recognised as professional certifications. Our courses are awarded by either NCFE, Active IQ or VTCT (Vocational Training Charitable Trust), all respected certification bodies in the fitness industry. This means your qualification is CIMSPA approved and widely acknowledged and respected by employers and clients alike.

## Government Funding

- We are proud to be able to offer government-funded support for students facing financial hardship, ensuring access to education without barriers.

- Funding opportunities include:

**Advanced Learner Loan** Available for students aged 19+ enrolled in eligible courses, covering tuition costs with flexible repayment options. Applicants must have ILR, settled status, or be British citizens to qualify.

**WECA Funding** For students aged 19+ residing in the West of England Combined Authority area, this funding supports those earning under £25,000 per year or who are unemployed and receiving benefits.

- Eligibility and application details can be found on our website or by contacting the academy@fitpro-x.uk

# Admission & Selection Process



## Admission Requirements



- 01** Complete the initial JotForm application by scanning the QR code on the left.
- 02** Submit the required evidence in the application (proof of ID, proof of address and proof of N.I.)
- 03** Follow the instructions provided to you by our Admissions team. This will include completing two additional application forms as well as Math and English initial assessments.
- 04** If you are funding the course yourself, follow the link provided by our Admissions team and complete the course fee payment.

## Course Timeline



**Step 1**  
Enrolment

■ Your journey begins here! Complete your enrolment to officially join the programme, setting you on the path to becoming a certified personal trainer. We'll help you get started with everything you need.



**Step 2**  
Coursework

■ Time to dive into the essentials! From anatomy to programme planning, each module builds your foundation. Study at your own pace, gaining knowledge and skills that are key to your future success.



**Step 3**  
Practical Assessments

■ Put your learning into practice! Show off your skills in real-world scenarios under the guidance of experienced mentors. These assessments will ensure you're ready to coach with confidence.



**Step 4**  
Qualification

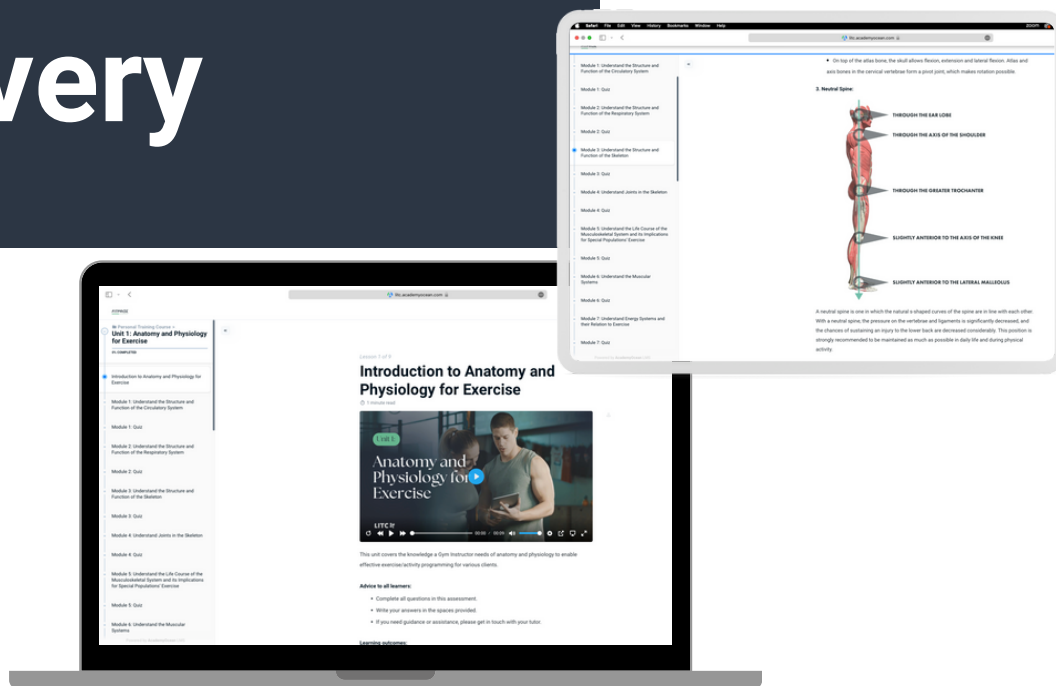
■ Congratulations! You've reached a major milestone. With your qualification in hand, you're officially a certified personal trainer, equipped with the expertise to make a real impact.



**Step 5**  
Interview at your chosen gym

■ The final step! We'll connect you with the manager of your chosen gym to arrange an interview where you can showcase your training and passion. This is your opportunity to step into your new career and start inspiring others.

# Delivery



01

**Online Learning Platform**

You can access our comprehensive, user-friendly platform anytime, anywhere. With structured modules, videos, and resources, our platform keeps your learning organised and adaptable to your schedule.

02

**Your Personal Tutor**

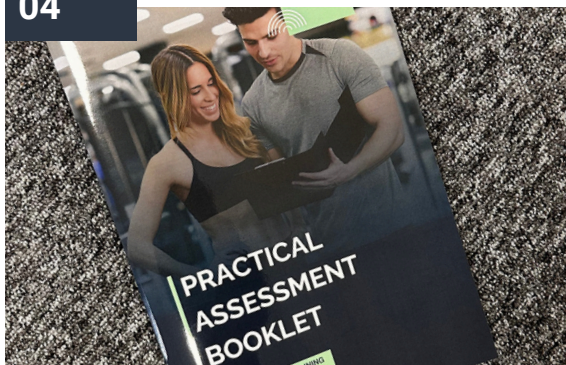
Benefit from regular feedback and support from your personal tutor. They'll review your work, provide constructive advice, and ensure you're progressing smoothly through each part of the course.

03

**Your Personal Mentor**

Receive one-on-one guidance from a dedicated mentor, an experienced PT here to support you. They'll share real-world insights and prepare you to kickstart your career.

04



**Practical Assessment Booklet**

Your guide to practical assessments! This booklet includes everything you need to complete and track your progress. It's your go-to for preparing and excelling in the hands-on parts of your training.

05



**Practical Sessions in a Gym Environment**

Step into the gym and put your skills to the test in a real-world setting. These sessions may even take place in the very gym you're aiming to work at, giving you hands-on experience and preparing you for a seamless transition when you start your career.

# Frequently Asked Questions



## 01 How long will it take to complete this course?

You can complete our fitness courses in as little as 14 weeks. This accelerated programme is designed to get you certified and ready to start your fitness career quickly.

---

## 02 Can I complete this course completely remote from my own home?

Yes, our courses are designed to be flexible and accessible. You can study from the comfort of your own home. While practical components are essential, we have gyms and facilities available throughout the UK, allowing you to complete these practical sessions at a location convenient for you and at a time that suits your schedule.

---

## 03 Do I need previous fitness experience to do this course?

No, previous fitness experience is not required. Our courses are suitable for individuals from all backgrounds who are passionate about pursuing a career in fitness. We provide comprehensive training to equip you with the necessary knowledge and skills.

---

## 04 Will I have a tutor?

Absolutely, you will have your own personal tutor to guide you throughout your fitness education journey. Your tutor will provide one-on-one support, answer your questions, and offer expert guidance to ensure your success.

---

## 05 Are there any exams/assessments?

Yes, there may be assessments in the form of online exams. The great news is that these exams are open book, allowing you to access your study materials during the assessment process. This approach ensures a fair and supportive evaluation of your knowledge and skills. Note that if you're enrolled on an NCFE course, there are no exams.

---

## 06 Where can this certification take me?

Your certification can open doors to a variety of exciting career opportunities in the fitness industry. You can become a PT at a gym, specialise in exercise referral, or even venture into starting your own business. The possibilities are vast, and your certification serves as a foundation for a fulfilling and dynamic career in fitness.

---

If you have any more questions please do not hesitate to contact our team! You can find all the contact information on the final page.

---

# Success Stories



Lucy has taken the fitness industry by storm, thanks to the combined power of our Level 3 course and business coaching programme. She is now in a position to leave her 9-5 job to pursue a career she's truly passionate about. With the tools and confidence to build a thriving business, she's proving that success is achievable when you're doing what you were born to do.

**Lucy Ann Frend**  
LUCY ANN FITNESS

---



"I completed my Personal Training course with FitPro-X a little while ago. I went straight into Personal Training at a private gym for a little while and I've recently moved to PureGym Washington as an Assistant Manager. I got so much help from the guys at FitPro-X, especially on the business side of things, which helped me start up as a personal trainer and even gain my very first clients."

**Matty Hedley**  
Assistant Manager at PureGym Washington

---



"So pleased to finally be able to say I'm now a qualified level 3 Personal Trainer, I'm on route to where I want to be. I've wanted this for the longest time and I've put in a lot of hard work. I'm massively grateful to FITPRO-X Academy for getting me where I need to be and I'd like to say a huge thanks to my mentors and tutors for all the help over the past couple of months, it's massively paid off."

**Leigh-Anne Lawson**  
LEIGH FITNESS

---



Reece balanced a full-time career and his commitments as a boxer while doing his qualification at FitPro-X. The flexibility of our course allowed him to study around his schedule, making it possible to achieve his certification without compromising his job or training. With the right support and adaptable learning options, a career in fitness is achievable even if you have a busy lifestyle.

**Reece Johnson**  
Pro K1 Kickboxer

---





# Empowering Fitness Professionals, Shaping Industry Leaders

## Contact Us

Unit 3 The Cluny Works, 36 Lime Street, Newcastle, NE1 2PQ  
(+44) 0191 468 2952

support@fitpro-x.uk  
www.fitpro-x.uk