



PHYSICAL HEALTH, FITNESS & WELLBEING QUALIFICATIONS

RECOGNISED BY CIMSPA

TOGETHER, WE INSPIRE TEAM PERFORMANCE

Physical Health, Fitness & Wellbeing Qualifications, Recognised by CIMSPA

Level 2 Certificate in Gym Instructing
Level 3 Award in Nutrition for Exercise & Health
Level 3 Diploma in Personal Training & Gym Instructing
Level 3 Diploma in Personal Training
and more to come...

WHAT TO EXPECT

A blended learning style approach to suit your lifestyle
Get qualified in as little as 4 weeks!
Online coaching support from our expert in-house tutors who are
all practicing professionals themselves
Full access to our extensive online resources and E-learning
Assessment support and certification on completion
Courses can take between 2-6 months of part time study- they
are flexible and designed to work around your schedule!



OUR PRODUCTS

LEVEL 2 **CERTIFICATE** IN GYM INSTRUCTING

This is your first step into a career in the fitness industry and will provide you with the ability to gain employment in a UK or International Gym.

WHAT WILL YOU **STUDY**?

- Principles of Anatomy & Physiology
- Professionalism and Customer Care for Fitness Instructors
- Health & Safety in the Fitness Environment
- Client Consultations to Support Behaviour Change & Setting Fitness Goals
- Gym-based Exercise Programs including Cardiovascular & Resistance Workouts

TESTIMONIALS

"Amodigo has been a great platform for me to do my Level 3 PT. The course was explained really well and the tutors were great. Regular interactions and zoom calls really helped and they were very patient with me when I had to put the course on hold for personal reasons, I would highly recommend this company!"



"I received regular communication from my tutor via zoom calls & Amodigo made it easy for me to complete the course as I had the support I needed- making the course really enjoyable too. I really recommend using Amodigo."



LEVEL 3 **DIPLOMA** IN PERSONAL TRAINING

Once qualified as a gym instructor, you will be ready to embark on our Level 3 Diploma in Personal Training; a highly rewarding and well-paid career.

WHAT WILL YOU **STUDY**?

- Further knowledge of Anatomy and Physiology applicable to Personal Training
- Nutrition for Exercise, Health and Fitness
- Lifestyle and Medical Factors that affect Well-Being
- Effective Communication Skills for Client Consultations to encourage Healthy Lifestyle Behaviours and Strategies for Change
- Skills to Plan and Conduct Physical Activity Sessions with Different Types of Clients in a Variety of Environments with a Range of Resources
- Legal and Professional Requirements for Personal Training
- How to Set up and Manage a Personal Training Business on a Self-Employed Basis
- How to Manage, Evaluate and Improve Own Performance

CASE STUDIES



Ade Adeniran Learner

I'm am currently taking part in the Level 3 personal training and I have just completed their Level 2 gym instructor course. Which went smoothly. I was able get regular communication from my tutor via zoom calls on a regular basis to see how I was progressing through the course. They made it easy for me to complete the course as I had the support I needed this also made the course more enjoyable as well. I really recommend using Amodigo for this service.

Kevin O'Sullivan Learner

Amodigo has been a great platform for me to do my level 3 personal training. The course was explained really well and the tutors were great. Regular interactions and zoom calls really helped and they were also very patient with me when I had to put the course on hold for personal reasons. Would highly recommend this company!



Anonymous

"I received regular communication from my tutor via zoom calls & Amodigo made it easy for me to complete the course as I had the support I needed- making the course really enjoyable too. I really recommend using Amodigo."



Get in touch at info@amodigo.com to discuss