



Training International
...where industry meets academia



**AMERICAN COLLEGE
of SPORTS MEDICINE®**



Gym instructing basics, advanced personal training and degree- enhancing qualifications

“HFI sets you apart from the rest of the industry professionals, whether you are entering the industry as a fitness instructor or taking a degree level certification like ACSM Health Fitness Specialist.”

WELCOME TO HFI

WE HAVE BEEN IN BUSINESS IN THE FITNESS INDUSTRY FOR OVER 20 YEARS AND WE ARE A DIFFERENT KIND OF TRAINING COMPANY.

HFI present the best preparation for fitness instructor and personal trainer qualifications and graduate level career enhancing qualifications from the American College of Sports Medicine (ACSM).

Our courses are fully flexible and include a wide variety of learning formats, fast-track opportunities, work placement and mentoring.

HFI have a unique philosophy. We believe that what makes an effective personal trainer or health professional is their true skill as a motivator. Obviously, basic industry qualifications are essential to get established in the industry and we provide excellent preparation for these. We introduce motivational skills early on which will make all the difference to the effectiveness and success as a practitioner.

We hold courses at many UK universities for undergraduates and at our centres for members of the public. We also tailor courses for university degree and MSc programmes, health clubs, private medical organisations and the NHS.

COURSES/QUALIFICATIONS AVAILABLE

- First Aid
- Gym Instructor (Level 2)
- Personal Trainer (Level 3)
- Personal Training Diplomas (level 3 and 4)
- American College of Sports Medicine (ACSM)
- Motivational Interviewing
- Other modules

Overleaf is a brief description of each qualification or course and the duration. We offer online versions of the courses for your convenience.

COURSES AND QUALIFICATIONS AVAILABLE

ACCREDITATIONS AWARDED

Refer to the details for each course to discover which accreditations are awarded for that individual course.



HFI TRAINING INTERNATIONAL

EMERGENCY FIRST AID AT WORK

The minimum required by industry. The Health & Safety Executive (HSE) approved qualification covering all the required aspects and targeted towards a fitness environment.

COURSE AND ASSESSMENT

1-day or 3-day (for full First Aid at Work)

ACCREDITATION

Health & Safety Executive Approved

GYM INSTRUCTOR (Level 2)

LEVEL 2 CERTIFICATE IN FITNESS INSTRUCTING (GYM)

The industry requirement for all gym instructors and the precursor to the personal trainer qualification.

COURSE FORMATS OPTIONS

5-day workshop (or online course + 1-day practical course)

ASSESSMENT

1-day assessment (theory and practical)

ACCREDITATION

HFI REPs Level 2 Active IQ

PERSONAL TRAINER (Level 3) AND HFI PERSONAL TRAINING DIPLOMAS (Level 4)

LEVEL 3 CERTIFICATE IN PERSONAL TRAINING

The industry requirement for all personal trainers.

COURSE FORMAT OPTIONS*

5-day workshop (or online course +1-day practical course)

ASSESSMENT

1-day assessment (theory and practical)

**assessment only required for graduates in sport/exercise science.*

ACCREDITATION

HFI REPs Level 3 Active IQ

HFI PERSONAL TRAINING DIPLOMA (Level 2 gym and 3 PT)

Package to get you to level 3 personal trainer from scratch.

ACCREDITATION

HFI REPs Level 3 Active IQ

HFI ELITE PERSONAL TRAINING DIPLOMA (Level 2 and 3 + motivational skills)

Full level 3 PT status plus fast-tracking your skills ready to start your successful business.

ACCREDITATION

HFI REPs Level 3 Active IQ

HFI/ACSM INTERNATIONAL ELITE PERSONAL TRAINER (Level 2, 3, 4, motivational skills and ACSM CPT)

Qualified, skilled and advanced knowledge and be qualified to work all over the world!

ACCREDITATION

HFI REPs Level 4 Active IQ
ACSM CPT

HFI/ACSM DEGREE LEVEL INTERNATIONAL ELITE PERSONAL TRAINER (Level 2, 3, 4, motivational skills and ACSM HFS)

Degree level personal trainer qualified, skilled and degree-level knowledge and be qualified to work all over the world!

ACCREDITATION

HFI REPs Level 4 Active IQ
ACSM HFS



AMERICAN COLLEGE OF SPORTS MEDICINE

AMERICAN COLLEGE OF SPORTS MEDICINE (ACSM)

ACSM CERTIFIED PERSONAL TRAINER (Post-level 3)

After level 3, start to develop a more evidence-based approach. Become an independent thinker with more confidence in your knowledge. Plus you will have the globally recognised advanced personal trainer qualification.

COURSE

2-day ACSM CPT/HFS workshop**

ASSESSMENT

ACSM CPT assessment (2.5 hours at UK-wide computer centre)

ACCREDITATION

ACSM CPT

** ACSM CPT self-study route available.



ACSM HEALTH FITNESS SPECIALIST (Degree level for BSc graduates only)



Take your health fitness knowledge to degree level. On its own, ACSM HFS is the vocational qualification of choice to enhance sport/exercise/health degrees. For already qualified level 3 personal trainers it is the only degree level advanced personal trainer qualification available.

COURSE

2-day ACSM CPT/HFS workshop**

ASSESSMENT

ACSM HFS assessment (3.5 hours at UK-wide computer centre).

ACCREDITATION

ACMS HFS

** ACSM HFS self-study route available.

ACSM CERTIFIED CLINICAL EXERCISE SPECIALIST (CES) (MSc level)



For graduate clinical exercise specialists, cardiac rehab nurses or physios working in hospital-based exercise rehab.

COURSE

3-day ACSM CES workshop**

ASSESSMENT

ACSM CES assessment (3.5 hours at computer centre).

ACCREDITATION

ACMS CES

** ACSM CES self-study route available.



HFI TRAINING INTERNATIONAL

MOTIVATIONAL INTERVIEWING (Behaviour Change Psychology)

HFI EXERCISE MOTIVATOR

(MOTIVATIONAL INTERVIEWING FOR EXERCISE BEHAVIOUR CHANGE)

Motivation to exercise is the single most important factor effecting your patients' or clients' achievements. It's not about your exercise knowledge and advice, it's about whether you can affect your clients' exercise behaviour.

COURSE

2-day workshop

HFI EATING BEHAVIOUR MOTIVATOR

(MOTIVATIONAL INTERVIEWING FOR EATING BEHAVIOUR CHANGE)

Motivation to eat differently is the single most important factor effecting your patients' or clients' weight loss achievements. It's not about your nutritional knowledge and advice, it's about whether you can affect your clients' eating behaviour.

COURSE

2-day workshop

ADDITIONAL COURSES

First Aid at Work (3-day)

First Aid at Work refresher (2-day)

Level 1 Award in Active Living

Level 2 Certificate in Instructing Circuit Training

Level 2 Certificate in Fitness Instructing (Exercise to Music)

Level 2 Adapting Exercise for Adolescents

Level 2 Certificate in Teaching Physical Activity to Children

Level 3 Certificate in Exercise Referral

Level 3 Nutrition and Weight Management Advice (included in Level 3 PT)

Level 3 Pre and Post-Natal Exercise

Level 3 Certificate in Leisure Management

Level 4 Exercise Management for Low Back Pain

ONLINE COURSES

(most of our courses have online elements for convenience)

Level 1 Award in Active Healthy Living

Level 2 Gym Instructor course

Level 2 Exercise and Fitness Knowledge

Level 3 Personal Trainer course

Level 3 Exercise and Fitness Knowledge

Level 3 Nutrition and Weight Management Advice

Assessor Certificate

Teaching Certificate

Internal Verifier Certificate



WORK-BASED QUALIFICATIONS (NVQ)

Level 2 NVQ Instructing Exercise and Fitness

Level 3 NVQ Instructing Exercise and Fitness

TO APPLY FOR A COURSE

Complete the application form or go to:

- www.hfigroup.com
- email info@hfigroup.com
- call HFI on 020 7231 3981.

CONTACT

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