



High Performance Training Centre
H.P.T.C

High Performance Training Centre
The Spawell Leisure Complex,
Wellington Lane, Templeogue.



GYM & PT COURSE COMBO



PERSONAL TRAINING COURSE

ITEC International recognised qualification

EMAIL: INFO@HPTC.IE / WWW.HPTC.IE

FOR MORE INFO CALL
085-232 3232



HIGH PERFORMANCE TRAINING CENTRE

**REGISTERED VTCT / ITEC / PROVIDER OF
WORLDWIDE ACCREDITED FITNESS AND
NUTRITION COURSES**

info@hptc.ie 085 2323232 hptc.ie

**Fitness Instructor & Personal Trainer
Course**

**EVERYTHING YOU NEED TO GET YOUR
FITNESS CARE STARTED IN THIS AMAZING
INDUSTRY**

**Includes Personal Trainer +Fitness
Instructor Course.**

**If you are looking for the best Gym
Instructor and Personal Training Course
you have come to the right place!**

**Our Level 3 & EQF Level 4 Diploma will
give you an extensive portfolio of skills
and expertise to ensure that your new
career gets off to the best possible start.**

Become a fully qualified Gym Instructor and Personal Trainer with HPTC's Combo Course.

Online and Weekend Course

Gym and PT Course €2,500

EQF Level 3 in Fitness Instruction +
EQF Level 4 in PT-16 week course - Part
time.

FLEXIBLE PAYMENT PLANS !!!!

8 weeks gym and 8 weeks Personal
Training



What do you get?

Our course is done 60% online through Edmodo online learning platform and 40% practical in our state of the art facilities in the Spawell Complex Templeogue Dublin 6W.

The combo course runs over 16 weeks, one online class a week and one in house practical day every Saturday for the 16 weeks, excluding exams.



What makes us stand out from the rest?

We're offering much needed work experience, in our state of the art facilities. Our students have the benefit of being a fully experienced trainer by the time they graduate.

As part as our course we give a free online supplement course to show all graduates how they can earn extra income through the sale of supplements. Also giving them some much needed marketing tips to unsure our graduates leave HPTC's course well equipped to start in the fitness industry.

PERSONAL TRAINER COMBO COURSE CONTENT

Certification in Gym Based Exercise
Certification in Gym Instructor and
Personal Training Advanced Resistance
Programming Design Advanced
Cardiovascular Programming Design
Client Consultation Strategies Energy
System Analysis Anatomy and Physiology
Safety, Health & Welfare in Fitness
Environment Postural Analysis Body
Composition Testing Methodology
Through the knowledge gained on the
High Performance Training Centre Fitness
Instructor & PT course our graduates will
be qualified to work in a gym, sports
club, leisure facility, cruise ship, with
teams, athletes and be able to start up
their own business in the fitness industry.



The main aim of this Diploma is to enable students to gain the necessary practical and theoretical skills to plan gym programs and instruct classes, while advising their clients on nutrition.

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

Level 3 in Gym Instruction

Qualifications Gained:

Our Personal Trainer Course comes with an 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.

HPTC'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.

Our on-site tutors will be encouraging students to look over the online sessions and practice what you were taught in the classroom whilst constantly learning innovative new techniques benefits, such as of training in heated chambers.



INTERACTIVE ENVIRONMENT During our practical sessions we will encourage lots of interaction within the classroom. Your classroom environment will be constantly changing during lectures such as class presentations and role play.

There are limited spaces on this course specifically so that our tutors can get to know each student and support them fully before, during and after the program.



ARE YOU READY TO START A CAREER IN THE INDUSTRY YOU LOVE?

Contact us to discuss your options and career paths in this exciting and amazing industry..

Website: www.hptc.ie

Email: info@hptc.ie

Tel: 085 2323232

THANK YOU!

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