Children's Fitness
DELIVER CHILDREN’S FITNESS CLASSES

Deliver children’s fitness classes that offer fun and health benefits for all.

During our Children’s Fitness course you’ll cover anatomy and physiology, how to maintain health, safety and welfare in a variety of fitness environments, as well as the skills and knowledge to plan and deliver safe and effective exercise and physical activity for children aged 5-15 inclusive.

For more than 20 years we’ve helped thousands of people turn their passion for helping others into a fulfilling career in health and fitness. Now it’s your turn.

As the trusted authority in exercise education, our customer experience rating is 4.8 out of 5. See what our customers have to say.

Starting our Children’s Fitness course is easy with our simple payment options: pay up front in full and receive a prompt payment discount or pay the regular price with a payment plan.

As soon as you enrol you can enjoy instant access to your course and Learner Support via our mobile app or website.

Upon successful completion of the course you’ll achieve the relevant Level 2 qualification, the certificate for which will be issued by the awarding organisation.

Our Children’s Fitness course is also recognised by PD:Approval and CIMSPA, and meets the criteria for official American College of Sports Medicine Approved Provider status.

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CHILDREN’S FITNESS

• Anatomy & Physiology for Exercise & Health
• Health, Safety & Welfare in a Fitness Environment
• Principles of Exercise, Fitness & Health
• Planning Health-related Exercise & Physical Activity for Children
• Instructing Health-related Exercise & Physical Activity for Children
DISTANCE STUDY

To provide you with the ultimate in flexibility, our Children’s Fitness course is delivered by distance (home) study.

See “How is the Children’s Fitness Course Delivered” in the Frequently Asked Questions section for more information.
Not only is our Children’s Fitness course excellent value for money, we also offer two payment options to make getting started even easier.

Prompt Payment – Choose to pay in full, up front; either with a debit/credit card or via PayPal; over the phone, via our website, or in person and you'll benefit from a discount of up to 20% off the regular price.

Finance Plans (Up to Five Years) - If approved for finance, you’ll pay the regular price over a number of months via a third-party payment plan. These plans have terms of six months to five years and may include 0% interest and zero credit charges with a deposit of just 5% in some instances.

Deposit amounts are at the discretion of the lender and finance is subject to eligibility criteria. See more about payment plans [here](#) or call us.
IS THE CHILDREN’S FITNESS COURSE RECOGNISED?

Yes. You’ll achieve the relevant Level 2 qualification upon successful completion of the Children’s Fitness course, the certificate for which will be issued by the awarding organisation.

The course is also recognised by PD:Approval and CIMSPA, and meets the criteria for official American College of Sports Medicine Approved Provider status◊.

HOW IS THE CHILDREN’S FITNESS COURSE DELIVERED?

The course is delivered by distance (home) study.

- You will:
  Complete as home study the online course material, online theory assessments, and portfolio.

- Film the two practical assessments (for which you will need children between the ages of 5 and 15 inclusive).

- Complete 10 hours of practicum/work experience where you observe a qualified children’s fitness instructor in a commercial fitness facility.

- Send via our Help Desk evidence of your completed practicum/work experience using the documents provided in the online course material.

- Submit via our Help Desk a video of your practical assessments along with a copy of your completed portfolio.

All TRAINFITNESS courses are managed via our proprietary, custom-built Virtual Learning Environment (VLE). A main feature of our VLE is the Student Desktop which is available
to you as soon as you enrol. Through the Student Desktop you’ll view and complete the online course material and access our Help Desk through which you’ll submit your completed portfolio.

Using the TRAINFITNESS app you can also do all of this on the move via the Mobile Student Desktop. Our app is compatible with iOS 8.1 and above and Android 5.0 and above and you’ll need a wireless internet connection. Devices, manufacturers and operating systems are subject to change.

WHAT ARE THE PREREQUISITES?

A basic level of English and Maths is necessary to understand the Children’s Fitness course content. There are no prerequisite qualifications for our Children’s Fitness course; however, if you already hold a Level 2 Certificate in Fitness Instructing qualification (either Gym or Exercise to Music), you may be eligible for exemptions from certain parts of the course. Please call us for more information.

WHAT SUPPORT IS AVAILABLE?

As soon as you enrol you’ll have access to our Learner Support service. This team of experts is committed to helping you with study questions and administration queries via phone, email, or our digital Help Desk.
WHAT PEOPLE SAY ABOUT US

Joss Mooney
@jossmooney

Doing the TRAINFITNESS Personal Training course has allowed me to pursue my goals as a personal trainer and fitness model. Not only has it given me the knowledge and ability to offer quality online training plans to my clients, but the TRAINFITNESS course has helped me elevate my own workouts by applying solid principles and techniques.

Chessie King
@chessiekingg

It was incredible. The mix of theory and practical was perfect. The support was amazing and I loved doing the intensive course.

Harrison Twins
Lewis and Owen Harrison
@lewis_harrison / @owen13

We were looking for a high quality personal training course close to home. TRAINFITNESS offered everything we needed. With the help of the TRAINFITNESS course material and tutor, we now have the qualification to develop our career in fitness further, including running our own boot camps across Europe and offering online workouts for our social media followers.
A FEW THINGS THAT SET US APART

20+ YEARS OF EXPERIENCE
We’ve trained thousands of people just like you since the year 2000.

FULLY ACCREDITED
This course is recognised by PD:Approval and CIMSPA.

INTERNATIONAL RECOGNITION
This course meets the criteria for official American College of Sports Medicine Approved Provider status.

TOP TUTORS
Enjoy learning from some the industry’s best tutors with real-world experience as both educators and personal trainers.

TECHNOLOGY LEADERS
We were the first training provider in the UK fitness sector to offer online learning; tutor-led, Virtual learning conducted in real time; and an app for truly mobile learning.

SUPERIOR SUPPORT
Our in-house support team are here to help you with questions, both great and small.

AND MUCH MORE