

Your Fitness Career Starts Here



An Introduction to HFE	2
Courses and Qualifications	4
The HFE Learning Experience	6
FAQs	10
Reviews and Testimonials	12
Payment Options	13



An Introduction to HFE

The Right Training Provider for You

We are HFE (Health and Fitness Education), an award-winning provider to the health and fitness profession. We prioritise the learning experience of our students by offering flexible study options, unlimited support and access to comprehensive learning materials. From the moment you enrol on your course right through to finding your first job in the industry, we'll be with you every step of the way.

We are a training provider with a difference. Join us and become more.

Setting the Platinum Standard

The quality of our courses and our proven track record as an exemplary training provider has resulted in HFE being awarded Platinum Partner status by YMCA Awards, a title held by only a handful of providers.

The YMCA Awards Platinum Partners status serves to help learners and employers looking to embark on fitness industry qualifications to quickly identify those training providers delivering an outstanding level of training service. That's exactly the standard you can expect from HFE.



The Key to Fitness Industry Success

It may sound strange coming from a training provider, but gaining a qualification is not the most important part of the course. What truly matters is that you participate in the journey to realise your potential, gain new knowledge, and develop practical skills. It just so happens our courses lead to internationally recognised qualifications.

If you look at the most successful exercise professionals in the industry, they didn't get started with the goal of making of lots of money, or being a sensation on social media, they did it for the love of the industry and their burning desire to help people. And that's exactly why we do what we do. We're incredibly passionate about raising standards in the health and profession. By helping you to become the best fitness professional that you can be, we're playing our part in making a real difference.

Everything we do is about enriching and inspiring people to succeed!



Comprehensive Resources and Unlimited Support

There are always going to be challenges associated with starting a new career and that's why we focus our energies on developing you as a fitness professional rather than simply helping you pass exams. We achieve this in a number of ways:

A focus on unrivalled quality

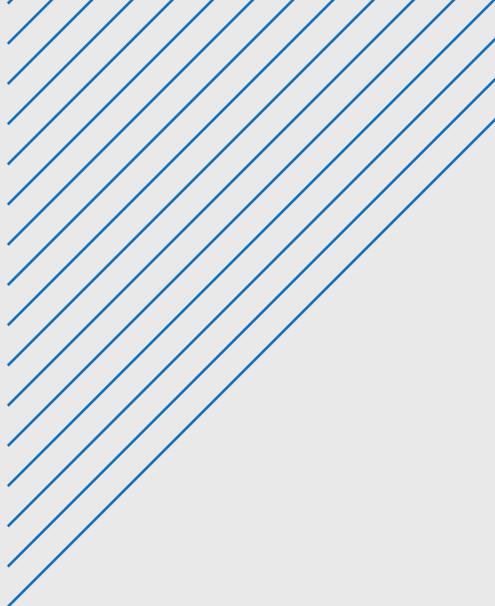
Our team of highly qualified and experienced tutors and assessors are committed to delivering a level of training that will surpass your expectations. We're here to work with you and for you to ensure that you succeed.

Unlimited learner support

Our courses contain elements of home study, but as we always say, this by no means lone study! Our dedicated team of Learner Support Tutors are only ever a phone call or email away. There's absolutely no limit to the amount of support and guidance you receive, it's all part of the service. We operate a multi-disciplinary team of support tutors so if your tutor isn't available, there will always be someone at hand to help you out.

Exceptional learning materials

As soon as you enrol, you'll receive all the resources you'll need to complete your training and assessment. The bespoke materials we've produced are second to none and they're guaranteed to take the hassle out of your studies.



“From the moment you enrol on your course right through to finding your first job in the industry, we'll be with you every step of the way.”

Courses and Qualifications

Every course we deliver leads to an internationally recognised qualification endorsed by the industry's professional bodies (SkillsActive, REPs, CIMSPA). These qualifications are also certificated by awarding organisations that are highly sought after by employers, including YMCA Awards, Active IQ and Industry Qualifications.

While we use these organisations to certificate our courses, we are not strictly bound by the qualification framework. This allows us the freedom to provide a wealth of added value elements. This starts from the moment your support tutors calls to introduce themselves, and continues right through until you graduate.

Our portfolio of courses is designed to offer students a wide-range of choice and a wealth of opportunity to follow a path of progression and build a strong repertoire of skills.

Personal Trainer

Personal trainers are the backbone of the fitness industry, providing specialist exercise, fitness and nutritional advice day in, day out. This, in-turn, inspires clients and propels them to achieve their goals. Whether weight loss, setting a new personal best, or simply staying in shape - personal trainers are instrumental in the process. If you're passionate about health and fitness and committed to helping people, enrol today and get your career off to a flying start.

Most popular courses: Level 2 Gym Instructor and Level 3 Personal Trainer (which incorporates Level 3 Nutrition)



Exercise to Music

Generic and uninspiring aerobic programmes are thankfully a thing of the past. They've given way to a variety of exciting and versatile group exercise classes and programmes that to appeal to men and women of all ages, backgrounds and ability levels. To succeed, today's instructors need to be creative, enthusiastic and highly energetic. Have you got what it takes?

Most popular courses: Level 2 Exercise to Music Instructor, Level 2 Step Exercise Instructor, Level 2 Group Indoor Cycling

Special Populations

Those who require more tailored and specialist support with their exercise programmes are often referred to as special populations. They could be pregnant women or those who have recently given birth (postnatal), or people suffering from low-moderate risk medical conditions such as arthritis, diabetes, depression and obesity. Working with these groups requires a higher level of knowledge and skill in order to competently prescribe exercise to clients with the aim of improving their health. This role also requires exercise professionals and healthcare providers to work alongside each other.

Most popular courses: Level 3 Exercise for Older Adults and Level 3 Pre and Postnatal Exercise Instructor, Level 3 Exercise Referral Instructor



Pilates

Pilates is a popular form of exercise, pioneered in the early 20th century by Joseph Pilates. It fast became synonymous with rehabilitation, core strengthening, improvising balance and reducing stress levels. It's also a fantastic exercise approach for promoting and correcting posture. If you pride yourself on attention to detail and you're able to motivate, encourage and inspire individuals and groups, then this is an ideal career to pursue.



Exercise Specialist

Those who advance to Level 4 must demonstrate a commitment to instructing excellence. These advance industry qualifications could take your career to new heights. They'll allow you to work with clients and patients suffering from chronic medical conditions such as diabetes, obesity and low back pain. This is an ideal career path if you're an exercise referral instructor looking to work with a niche group of clients, or a personal trainer wanting to attract a wider client base.



Most popular courses: Level 3 Exercise Referral Diploma, Level 4 Low Back Pain Certificate, Level 4 Obesity and Diabetes Certificate

Yoga

The ancient Indian practice of yoga dates back over 5,000 years. It's a holistic form of exercise that promotes the unification of mind, body and universal spirit. Those who practice yoga regularly reap a multitude of benefits, including greater strength, increased flexibility, improved posture, longer lasting period of relaxation and much more. By developing a deep understanding of all things yoga and an ability to perform the techniques effectively, you can succeed as a yoga teacher.

Most popular course: Level 3 Yoga Teacher Training

The HFE Learning Experience

Blended Learning

As one of the UK's leading health and fitness training providers, we pride ourselves on the compelling and unique way we deliver our courses. We use the 'blended learning' model, which simply means you'll complete a period of home study, supported by our experienced tutors. This is followed by a highly practical face-to-face training course, which is usually delivered over a number of weekends.

As an HFE student, your full learning experience can be broken down into distinct phases:

Home study

During this phase of the course, you'll receive:

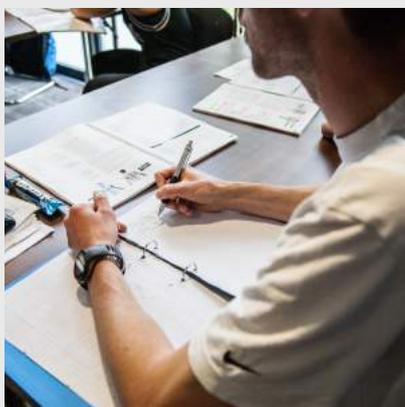
- ✔ Unlimited email and telephone support
- ✔ Interactive e-learning
- ✔ Full colour training manuals (print and electronic)
- ✔ Mock exams
- ✔ Audiobooks
- ✔ Live webinars
- ✔ Enhanced learning content via the HFE app
- ✔ Online submission of knowledge content (worksheets, lesson plans and case-studies)



Practical training

During this phase of the course, you'll receive:

- ✔ Friendly and experienced tutors
- ✔ State of the art practical facilities
- ✔ Low tutor-to-student ratios – a more personal touch to learning
- ✔ Ongoing feedback on progress throughout the course
- ✔ Nationwide training centres
- ✔ Weekend attendance



Learning Materials

From the moment you enrol on your chosen course, we supply everything you need to complete your qualification; there are no hidden extras.

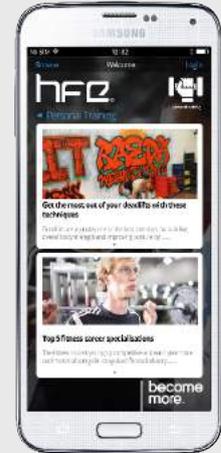
Immense time and care has been taken to produce all of our bespoke learning resources, the quality of which, will exceed your expectations. You can rest assured that the information is accurate and up to date, and above all else, relevant to the course and assessments you're taking.

Most importantly, the resources we provide aren't just for helping you on your course, they're designed to be a continuous reference throughout your career as a fitness professional.

Materials do differ slightly from course to course, but most include:

- ✓ Full colour training manuals – print and electronic
- ✓ Access to HFE's ground-breaking new app
- ✓ Access to our Learner Management System (LMS), and interactive online learning materials
- ✓ Audiobooks
- ✓ Mock exams
- ✓ Live webinars

“The secret to our success is very simple; we're incredibly passionate about this industry and supporting you through your chosen qualification is what really drives us.”



The HFE App

Our ground-breaking new app is your home for course manuals, mock exams, blog posts and career guides during your fitness qualifications and beyond. It's time to log in, learn and become more. Available now for iOS and Android devices.

Blog posts

Never miss out on the latest interviews with leading fitness professionals, workout inspiration, diet and nutrition tips and much more. As soon as a blog post is published on the HFE site, you'll be able to read it in the app.

Book samples

Before you enrol, you can sample our most popular course manuals. Each manual is bespoke and produced to the highest standard of quality. Some manuals, like Level 3 Diploma in Mat Pilates also feature exercise video tutorials.

Career guides

Unsure of where to start your fitness career? Our in-depth guides cover getting qualified, personal qualities needed, routes of progression, employment opportunities and salary information. For each course we provide, there's a related career guide.

Test samples

Looking to test your knowledge on popular topics such as anatomy and physiology? Our multiple-choice mock exams can put you through your paces. They're also great because you can download them and take them anywhere on the go.

My books

As soon as you're enrolled on your chosen course and you've received your login details, you'll be able to access your manuals in full. Each manual can be fully annotated and the notes you make will sync across devices. They can also be downloaded for offline use.

Support

In this section you'll find more information about all the support we offer to our students. This includes live webinars, e-learning, mock exams and audiobooks.



Support

We appreciate that learning styles can differ widely from one another. Being mindful of this fact, we tailor our support systems to the individual needs of our students. Over the years we've constantly refined our approach to support, carefully listened to feedback, and used this to provide a consistently high-quality service.

The secret to our success is very simple; we're incredibly passionate about this industry and supporting you through your chosen qualification is what really drives us. We know we're playing our part in helping shape the exercise professionals of tomorrow; it's a responsibility we take very seriously.

Our dedicated learner support tutors are available in a number of ways:

- ✔ Phone
- ✔ Email
- ✔ Text message
- ✔ Live webinars
- ✔ Face-to-face

Go on, ask us anything

From the moment you enrol on your course, you'll be assigned your very own personal support tutor. They'll serve as your primary contact throughout your studies and will always be ready to help you. Perhaps you've got a burning question about the skeletal system, or want a bit of advice on how to further your career after you've qualified; ask and it will be answered.

Completely unlimited support

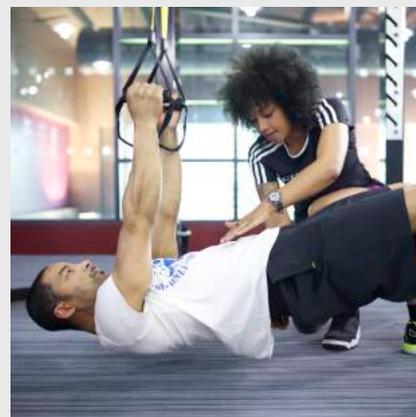
Support is available as much as you want, or you feel you need. There are no time limits, caveats, or restrictions. Each student receives their own login to our LMS (Learner Management System), which is accessible 24 hours a day. By phone, text or email, we're also available 9:00 - 18:30 during the week. In a typical month, our support team spends over 130 hours on the phone, makes over 1,000 outbound calls and receives nearly 800 inbound calls. Some calls only last a few minutes, while others can take anything up to an hour (and sometimes even longer). To us, no question or query is too big or small.

Friendly and experienced tutors

You've put your trust in us to deliver a qualification, and the last thing you want to be worried about is the quality of service or level of support you'll receive. Our tutors are respected fitness professionals in their own right, many of whom are still actively working in the industry. Believe us when we say they've been there and done it all before.

Extensive mock assessments

Did you know that the majority of our students pass their theory exam first time? That's because we make sure you're fully prepared to deal with even the trickiest of topics. Our mock exams give you the chance to perform a dry run, test out what you've learned so far, and highlight areas where you may still need some support.



FAQs

Do you offer guaranteed interviews or jobs?

The short answer to this question is no. Unfortunately there are those promising interviews and jobs at the end of their courses just to get people to enrol. Here at HFE we believe that this is a very misleading practice because in almost all cases, these jobs are for self-employed positions and are not really paid positions.

The self-employed arrangement requires personal trainers to pay a weekly or monthly rent to work in the club, so it is important that they are able to generate enough business to make a profit. Anyone with a recognised personal training qualification would be eligible for an interview or position with most of these health clubs anyway, because personal trainers represent a source of revenue and income to these businesses.

While many personal trainers make a great living from this arrangement, we do not believe this is a recipe for success or longevity when they are trying to learn the trade and just starting out. Most personal trainers who make this arrangement work usually have quite a bit of experience under their belts before they commit to a rental scheme. This is why we have refrained from implementing a guaranteed interview programme with HFE.



Is distance learning right for me?

This is a difficult question for us to answer for you because only you will know how good you are at time management and what your preferred style of learning is. If you are able to manage your own time effectively and commit yourself to a given number of hours each week for reading, learning and assessment activities then it is likely you will reap the many benefits of distance learning, including:

- ✓ Reduced course costs
- ✓ A flexible workload that fits around your current commitments
- ✓ Individually paced learning
- ✓ Accelerated certification and accreditation
- ✓ Greater ability to continue to learn independently

Distance learning isn't for everyone however and if you struggle to stay focused and are easily distracted then this might not be the best route for you; a direct delivery programme may better suit your learning style.



Do I need previous experience as a fitness instructor?

In short, no! You don't need any experience of instructing exercise or fitness to complete any of our qualifications, irrespective of its level. All of our courses have a healthy blend of theory and practical to ensure that you will get sufficient time to apply your new knowledge and skills practically. While experience is not mandatory, clearly it is advantageous.

What we absolutely must insist on however is that all students, regardless of the course or qualification have a keen interest in health and fitness and the specific area in which they plan to study.

Most courses require students to undertake both theory and practical activities during the home study and face-to-face elements; experience of participating in the relevant types of exercise is therefore required.

Can I get my money back if I decide this course isn't right for you?

At the time of writing, HFE is the only fitness industry-training provider that offers a no quibble 14 day money back guarantee. If, within 14 days of booking, you decide that your course isn't for you, or that we haven't done everything that we said we would, you can cancel your course and get all of your money back without question.

For more information about our cancellation policy, refer to Section 7 of our Terms of Business.



“As one of the UK's leading health and fitness training providers, we pride ourselves on the compelling and unique way we deliver our courses. We use the ‘blended learning’ model, which simply means you'll complete a period of home study, supported by our experienced tutors. ”

Reviews and Testimonials

Don't just take our word for how great the HFE experience is, read the honest, un-edited thoughts of our students on Review Centre, where you'll find hundreds of glowing, five-star reviews.

Amongst the thousands and thousands of students we've trained over the years, more than a few famous faces have come through our doors. Here's what they had to say about their HFE experience:



Laura Massaro
(World No. 1 Squash Player)

"The course has really helped me to better understand yoga so that I can improve my performance and remain World No. 1"



Tim Abeyie
(Team GB Sprinter)

"I'm glad I chose HFE for reaching my goal in becoming a personal trainer."



Holly Bradshaw
(Team GB Olympic Pole Vaulter)

"HFE have produced some of the best materials I have seen in education."



Laura Turner-Alleyne
(Team GB Olympic Sprinter)

"I would recommend HFE to anyone looking for health and fitness qualifications."

Payment Options

We want to make it as easy as possible for you to enrol on your chosen course, pass with flying colours, and then get out there and secure employment. There are multiple ways in which you can pay for your course.

Payment in full

If you've got all the available funds you can pay in full at the time of booking. As a reward, we can offer you a 5% off the advertised course price.

Six-month payment plan

Don't worry if you can't quite pay for everything in one go. With this option you pay a minimum deposit of £120 for an individual course or £270 for package. There's also a £20 administration fee and after that, the remaining balance will be spread evenly over six months.

Buy now, pay later

Our most popular courses fill up incredibly quickly, so book your place with a £100 deposit and pay the remaining balance 14 days before you attend the first practical weekend.



Advanced Learning Loan

If money is a real issue and you don't know you're going to afford your course, the Government's loan scheme may be able to help. Providing you're 19 years of age or over, this loan can be used to fund training and education programmes. You won't need to start making repayments until you are earning a salary of at least £21,000. For more information, please contact a member of our Careers Team who will be able to advise you further.

Advanced Learner Loan