



**TIME TO
MAKE IT
HAPPEN**



01. OUR APPROACH

Our approach is rooted in innovation, driven by expertise, and committed to your success.

02. BUSINESS BENEFITS

Unlock the advantages of our services for enhanced business performance and growth.

03. COURSE OVERVIEW

Get a glimpse of what our course offers for your journey to success.

OUR MISSION

Learning Curve Group provides vocational education and training programmes to a wide range of learners and employers. Our aim is to engage actively with learners and employers to identify their training needs, and then to provide cost-effective, flexible and high-quality training programmes that enable learners to achieve and progress.



ELEVATE YOUR BUSINESS

At Learning Curve Group, we're thrilled to present our Sports and Fitness Apprenticeships, tailored to empower your business and workforce in the world of active and healthy living. Our programmes offer a unique opportunity for you to infuse your passion for sports, exercise, and well-being with structured educational and hands-on learning experiences. Whether your ambition is to enhance the capabilities of your personal trainers, coaches, sports therapists, or sports management teams, our apprenticeships provide the essential skills, industry-specific expertise, and practical experience that contribute to your business's prosperity within the ever-evolving sports and fitness sector. Our current sports and fitness apprenticeships offer includes:

LEVEL 2 INSTRUCTING EXERCISE AND FITNESS

LEVEL 3 PERSONAL TRAINING

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With the support from LCG, our employees are empowered, engaged, and inspired to excel, and help drive our business to new heights.



01.

**Our
Approach**

WHAT ARE APPRENTICESHIPS?

Apprenticeships are invaluable work-based training programmes meticulously crafted to align with the distinct demands of employers. These initiatives don't just cultivate talent; they lead to nationally recognised qualifications, a testament to the rigor and excellence they instill in the workforce. At their core, Apprenticeships encompass several vital components, including an aptitude qualification that, at a minimum, reaches Level 2 of the Regulated Qualifications Framework (RQF). Additionally, where necessary, Essential Skills Wales qualifications are integrated to enhance the foundational skills of apprentices. Moreover, each Apprenticeship includes a technical knowledge qualification tailored to the specific field, whether it's Personal Training or Gym Instructing. These qualifications serve as the cornerstone for comprehensive professional development.

WHO ARE THEY FOR?

Apprenticeships are available to anybody 16+ who are capable of achieving a Level 2 Qualification, so you can take on a new starter or train existing employees. Funding is available towards the cost of training and assessment.

APPRENTICESHIPS FRAMEWORKS

In Wales, apprenticeships follow a well-structured and approved Welsh Apprenticeship Framework. These frameworks play a vital role in equipping apprentices with the knowledge, skills, and qualifications necessary for their chosen career paths. With 23 sectors covered, each framework outlines essential components, including entry requirements, which detail what's needed to kickstart an apprenticeship in a specific field. They also clarify the different levels offered within the sector and offer valuable information on potential advancement pathways. Moreover, these frameworks offer a glimpse into various job roles within the sector, giving apprentices a clearer picture of their future career possibilities. Post-completion, they specify the qualifications apprentices will attain. Additionally, apprentices can gauge the average duration required to successfully complete an apprenticeship at each level, providing a timeline for their educational journey. Lastly, these frameworks incorporate details about any supplementary learning that supports the apprenticeship, ensuring a comprehensive and well-rounded training experience.

“ LUKE COLEMAN, COLEMAN FITNESS

My business is going amazingly well now and i'm helping loads of new clients every day, thank you for all your help in getting me qualified.

“ SPORT AND FITNESS LEARNER

The learning structure for this course was the best i've ever experienced. I've always struggled in classroom settings but with the constant interactive learning and immediate recall this allowed me to retain over 85% of the information.



02.

Business Benefits



WHAT IS THE BENEFIT TO THE EMPLOYER?

Apprenticeships are employer-focused training programmes leading to nationally recognised qualifications. These programmes offer businesses a robust means to nurture essential skills within their workforce. Each apprenticeship comprises core elements, including a competency qualification up to Level 2 of the Regulated Qualifications Framework (RQF), optional Essential Skills Wales qualifications, and a relevant technical knowledge qualification tailored to the specific field. Moreover, certain occupations may have additional requirements, ensuring apprentices are equipped with specialised skills, such as group Indoor Cycling (Spin), Kettlebells, Group Circuit Training, and Suspended Movement Training (TRX) making these apprenticeships a versatile and comprehensive approach to skill development for businesses.

- ✓ Apprenticeships ensure that your workforce has the practical skills and qualifications your organisation needs now and in the future.
- ✓ The mixture of on and off the job learning ensures they learn the skills that work best for your business.
- ✓ Over 130,000 companies offer apprentice places throughout the UK because they understand the benefits that apprentices bring to their business.
- ✓ They increase productivity, improve competitiveness and apprenticeships lead to a committed and competent workforce that understands your business.



03.

**Course
Overview**

LEVEL 2 INSTRUCTING EXERCISE AND FITNESS

This is made up of the following qualifications:

Level 2 Certificate in Gym Instructing

Level 2 NVQ Diploma in Instructing Exercise and Fitness

Essential Skills Wales Communication (if required)

Essential Skills Wales Application of Number (if required)

The core aim of this qualification is to empower learners with the essential knowledge and skills needed to engage, facilitate, educate, and support clients effectively in the dynamic gym or health club environment. Upon programme completion, individuals can acquire the competencies required to thrive as Gym Instructors, unlocking promising career opportunities in the fitness industry. This certification not only guarantees that learners are well-prepared for the fitness profession but also positions them as valuable assets in the fiercely competitive job market. In doing so, it not only contributes to the success of gym and health club businesses but also fosters a healthier and more active community, benefiting both individuals and organisations.



CUSTOMISED APPROACH

Specific occupations may necessitate additional qualifications or requisites, further customising the apprentices' learning journey. For instance, disciplines like group Indoor Cycling (Spin) and Kettlebells may be integrated into certain programmes to ensure apprentices are equipped with the specialised skills required by their occupation. This multi-faceted approach ensures that Apprenticeships not only meet but exceed the demands of both employers and their future workforce.

FREE ACCESS TO CPD OPPORTUNITIES FOR ALL APPRENTICES

These added value qualifications include Level 2 Award in Group Exercise Instructing: Indoor Cycling (Spin), Level 2 Award in Group Exercise Instructing: Circuit Training, Level 2 Award in Instructing Kettlebell Training, and Level 2 Award in Instructing Suspended Movement Training (TRX).



The Chartered Institute for the Management of Sport and Physical Activity professional standards set the gold standard in the fitness and sports industry. They guarantee expertise, competence, and ethical conduct, while fostering career development. Professionals and organisations that adhere to these standards provide outstanding services, elevating the industry's overall excellence.

LEVEL 3 PERSONAL TRAINING

This is made up of the following qualifications:

Level 3 Diploma in Personal Training

Level 3 NVQ Diploma in Personal Training

Essential Skills Wales Communication (if required)

Essential Skills Wales Application of Number (if required)

Incorporating highly trained personal trainers into a fitness industry business represents a strategic move that can significantly enhance its competitive standing. These trainers bring a wealth of knowledge in areas such as anatomy, nutrition, effective communication, and business acumen, which, when combined, enable them to offer a holistic approach to client fitness and wellness. Their ability to design and implement personalised training programmes tailored to individual client needs ensures not only exceptional customer satisfaction but also the development of lasting brand loyalty. Moreover, by harnessing their expertise, businesses can position themselves apart in a crowded and competitive fitness industry marketplace.



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WHO ARE LEARNING CURVE GROUP?

Learning Curve Group is one of the largest national training providers in the UK, providing education and training nationally. As a leading education and recruitment specialist which provides training programmes to help those looking to develop their workplace skills and employers seeking to fill skills gaps. We have an extensive portfolio of training which includes apprenticeships, vocational related courses and literacy and numeracy qualifications. As an education innovator, we are constantly adapting our products and services to create the best learning experience and highest quality materials that we can. This is evident from our last Ofsted inspection where we were graded 'Good'.

THE NEXT STEPS

If you have a specific apprenticeship programme in mind and you're looking for guidance on the next steps for applying with that programme, it's important to follow their specific instructions and requirements. However, here are some general steps. Pick the route that best suites your organisation:

- 1 Upskilling your current employees
- 2 Contact us for a visit from the apprenticeship team
- 3 Identify appropriate apprenticeship framework
- 4 Sign up to apprenticeship framework agreement
- 5 Apprentice and employer receives training, support and guidance
- 6 Apprentice earns whilst they learn

- 1 Growing your workforce
- 2 Contact us and advertise for an apprentice
- 3 Prepare for and conduct an interview
- 4 Select apprentice
- 5 Sign up to apprenticeship framework agreement
- 6 Apprentice and employer receives training, support and guidance
- 7 Apprentice earns whilst they learn



IT'S
YOUR
MOVE

SPORTS AND FITNESS APPRENTICESHIP

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