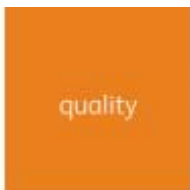


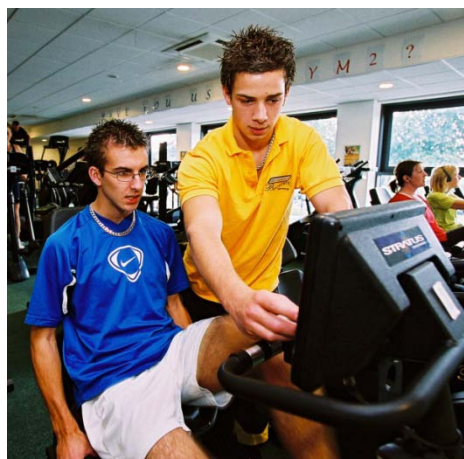
Course catalogue - South East



Health & Fitness

Course	Level
Advanced Resistance Training	2
Aqua Training	CPD
Award In Circuit Training	2
Award in Studio Resistance	2
Certificate in Exercise and Fitness Knowledge	3
Certificate in Lifestyle and Fitness Assessment	3
Certificate in Nutrition & Weight Management	3
Chair Based Exercise for the Older Frailer Person	2
Children's Nutrition & Lifestyle	3
Combat Circuits & Fitness	CPD
Core Stability	CPD
Exercise Referral Specific Controlled Conditions	3
Gait Analysis and Biomechanics	3

Course	Level
Group Indoor Cycling	CPD/ 2
Mat Based Pilates	2
Nutrition for a Healthy Lifestyle	2
Personal Training	3
Postural Analysis	3
Prehab & Rehab Exercise	2
Specialist in Obesity & Diabetes Nutrition	3
Sports Conditioning and Advanced Programming	3
Step Exercise to Music	2
Testing the Sports Performer	3
Training The Older Adult	3
Training in Different Environments	3



Apprenticeships

Course	Level
Active Leisure & Learning	2
Exercise & Fitness	2
Fittrack	(16-18)
Fittrack	(19+)
Instructing Physical Activity & Exercise	3
Leisure Management	2
Sport and Active Leisure	(16-18)
Sport and Active Leisure	(19+)
Sports Development	2-3
Teaching & Instruction	2

Stewarding & Events

Course	Level
Spectator Safety	2
Spectator Safety	3



Management & Leadership

Course	Level
A beginner's guide to project leadership	3/4
Award in First Line Management (ILM)	3
Award in Management (ILM)	5
Award in Team Leading (ILM)	2
Certification in First Line Management (ILM)	3
Commercial Management	Online
Developing effective partnerships	4/5
Diploma in Management (ILM)	5
Effective networking	Bespoke
Finance for non-finance managers	Bespoke
Financial Management	Online
Influencing upwards	Bespoke
Leadership & Business Skills	Online

Course	Type
Management NVQ	3
Managing your priorities	3/4
Operations & Facilities Management	Online
People Management	Online
Personal Development	Online
Supervisory Skills (ILM short course)	2



Customer Service & Sales

Course	Level
Creating the Coaches	3
Creating the Vision	3
Effective Up selling	2
Going the extra mile	3
Hosting the world	2
Lead, Motivate and Succeed	2
Reviewing Performance	3
Selecting the Team	3
Training the team	3
Welcome Host	2

Course	Level
Welcome All	2
Welcome Host	2
Welcome Host Plus	2
Welcome Line	2
Welcome Management	4



Sport & Recreation - Sports Development

Course	Level
A beginner's guide to Project Leadership	3/4
Certificate in community sports work	3
Certificate in Managing Community Sport	3
Club development in sports facilities	4
Coaching education in disadvantaged Communities	Bespoke
Commercial development for sport & leisure professionals	3/4
Delivering successful sports events	Bespoke
Developing effective partnerships	4/5
Effective networking	Bespoke
Effective sales & marketing for sport & leisure	3/4
Effectively manage membership	3
Event Risk assessment	3/4

Course	Level
Finance for non-finance managers	Bespoke
Influencing upwards	Bespoke
Managing your priorities	3/4
Sports Development Foundation Workshop	Bespoke
Train the trainer training	2

