



PROSPECTUS

ORIGYM™

2025/26

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About us

OriGym is an industry-leading provider of health and fitness courses in the UK, qualifying thousands of aspiring fitness professionals every year. We offer a wide variety of regulated and accredited courses in areas such as Personal Training, Nutrition, Yoga, Sports Massage and much more.

Our courses are delivered via a range of study methods, including flexible online and part-time courses as well as full-time or 'fast track' study. We provide all students with an unrivalled level of support, including 7 day access to tutor support, unlimited free exam resits and complimentary career support.

OriGym is widely considered to be the most reliable course provider in the UK and our great work with aspiring fitness professionals has even received coverage from The Guardian, The Daily Telegraph and numerous other publications. Our courses are Ofqual regulated and awarded by Focus Awards, and many of our fitness courses are also endorsed by CIMSPA. OriGym is also rated 'Enhancing' on CIMSPA's Quality Assurance Framework, which is the highest level of rating available.

Our mission is to transform lives through educational excellence, and we achieve this by providing top quality training for a genuinely affordable price. Our commitment to providing an outstanding level of service has been recognised in the form of multiple award nominations and by over 5,500 happy students who provided us a 5* review. In fact, we have the highest number of 5 star reviews in this industry.

"OriGym is widely considered to be the most reliable course provider operating in the UK"

As Featured in:
Sky News, The Independent & Men's Health



OriGym Overview

Flexible Learning Options

At OriGym, we offer a range of flexible study methods including remote and face-to-face learning. You can choose between Full Time, Part Time and Online study depending on your individual needs and learning preferences

OriGym Accreditation

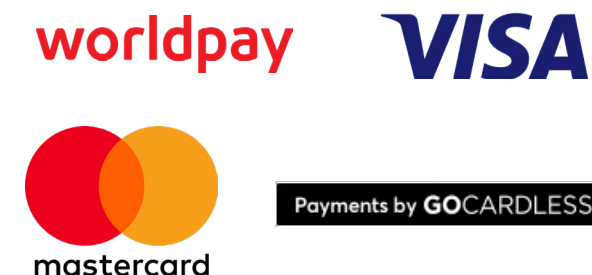
Each one of OriGym's qualifications are recognised both in the UK and internationally. OriGym also offers many fitness courses that are endorsed by CIMSPA, the professional development body for the UK's Sport and physical activity sector.

OriGym only delivers qualifications of the highest quality. It is this dedication to quality that makes our alumni stand out from the crowd and push their careers to new heights. You can read more about our accreditation and certification companies within this prospectus.

Payment Options

Here at OriGym you are able to pay in affordable monthly instalments with 0% finance available and we won't ask for guarantors!

Our Personal trainer courses start from just £1,199, with guaranteed interviews and strong potential earnings afterwards!



Price Match Guarantee

We believe courses and education should be obtainable for anyone who wants to start a career within the fitness sector, which is why we keep our courses affordable without compromising quality. We also do not apply unnecessary admin fees, certification charges or exam fees that many of our competitors apply. We also offer a price match guarantee across a range of our courses

Tutor Support

Our highly experienced tutors are available 7 days a week and we're open longer than any other training provider in the UK!

Our tutors are available via email, chat box, or you can book a call to discuss any queries! OriGym has over 100 professional teachers and assessors working in the UK, operating out of most major cities and towns.

Every member of OriGym's staff is a qualified personal trainer or fitness instructor, regardless of position. In fact, we ensure the professional developments of our staff never slips below the highest and most up to date standards.

This benefits our students because they are able to share their passion and knowledge of this profession with tutors with a wealth of experience and genuine passion for the subject.



Can I Trust OriGym With My Training?

OriGym is proud to qualify 7,000 fitness professionals each year. We also successfully place over 92% of students in job roles right after qualifying; that is the highest rate in the industry. We are also ISO9001 certified and are one of only a handful of providers to hold this worldwide certificate of excellence.

We are official partners with the Ministry of Defence, we run courses for QMU University, and also run the Academies for JD Gyms, Sports Direct, TruGym, DW Fitness First & Sweat Union Gyms and are proud partners of over 200 fitness brands worldwide. We were also nominated by the Active Training Awards, the biggest awards ceremony in the UK, for 'most innovative training provider of the year' and 'training provider of the year'.

If you are still not convinced, check out our reviews on a neutral platform like Google, Facebook and Trustpilot, where we have hundreds of reviews from very satisfied customers.

Accreditation & Certifications

All of OriGym's qualifications are internationally recognised. This means you can take the qualifications with you wherever your career leads. We use Focus Awards which is an awarding organisation and our certification body of choice.



Who Are CIMSPA?

CIMSPA or The Chartered Institute for the Management of Sport and Physical Activity is the professional development body for the UK's sport and physical activity sector. CIMSPA provides leadership, support and empowerment for professionals working in sport and physical activity and a single unified voice for the sector. CIMSPA helps develop a vibrant, UK wide sport and physical activity sector, led by professionals providing advocacy and leadership and working in partnership with its stakeholders to help ensure the highest standards of service delivery.



Who Are Ofqual?

Ofqual is the vocational equivalent to Ofsted and was set-up in 2010. They are a non-ministerial government department that regulate qualifications and reliability and oversee reform of qualification frameworks within the health and fitness sector amongst other industries. All OriGym's courses are Ofqual regulated and exceed the standards set.



Who Are Focus Awards?

Focus awards are an established awarding body spanning over many industries and qualifying thousands of students each and every month. Their accreditations are recognised by all major health and fitness chains across the globe and are full regulated by Ofqual. OriGym is an approved Focus Awards provider of qualifications.



Awards & Recognition

By choosing to start or continue your studies with OriGym, you'll be enrolling on a course created and developed by an award winning fitness education provider!

British Fitness Awards

We're delighted to announce we were named Training Provider of the Year at the 2024 British Fitness Awards (BFAs).

The annual ceremony celebrates the achievements of both independent and commercial businesses. OriGym was one of 12 nominees in our category, with stiff competition from some of the biggest names in the industry.

We're extremely proud of this achievement and we couldn't have done it without our hardworking team and passionate students. Votes were cast online, which allowed our students, alumni and staff across the country to throw us their support!

The win reaffirms our mission statement of 'Transforming Lives Through Educational Excellence' as we strive to provide our students and alumni with a calibre of training worthy of this award.

Here's what OriGym's managing director Neil Cosgrove had to say about winning 'Training Provider Of The Year!'

"This achievement reflects the hard work and passion of our entire team and the trust of our students. Together, we'll continue to set the standard for excellence in fitness education!"

UK Active

We are thrilled to have been announced as a finalist for the prestigious Education Provider of the Year Award from UKActive! This achievement reflects our commitment in sharing their goal of getting more people active by supporting aspiring fitness professionals. A heartfelt thank you to our dedicated team and students for making this possible—together, we're shaping the future of the fitness industry!

National Fitness Awards

We're also proud to have been named runner-up for Education Facility of the Year at the 2024 National Fitness Awards.

This annual event recognises and honours the best fitness facilities, gym instructors, and health clubs across the country. The awards are highly anticipated every year, and the winners are celebrated for their dedication and contributions to the fitness industry.

Being runner-up for this prestigious awards highlights the dedication of our entire team to provide the best quality of education to our students and graduates.

GHP Fitness & Nutrition Awards (Excellence Award: Dedicated Tutor Support 2024)

Our expert tutor team is dedicated to training our students to the highest possible standards. This award is a testament to the hard work of our team, who go above and beyond to provide an industry leading level of service.

GHP Fitness & Nutrition Awards (Best Health & Fitness Training Provider 2024)

Winning this award acknowledges our dedication to providing our students with innovative training that helps to shape their career.



Online Personal Trainer Diploma

Introduction to Online learning:

At OriGym we understand that you might not be able to attend a venue everyday in order to ascertain your gym instructing and PT qualifications. You can complete the course online at a pace and time frame that suits you as an individual.

How Will I learn?

You will study the online course via our award-nominated e-learning platform. We know everyone learns differently, so be sure to make use of the various resources provided, including:

- E-Books
- Manuals
- Interactive e-learning
- Interactive quizzes
- Online lectures
- Videos for guidance and demonstration

What Support Will I get?

Just because you are learning via distance learning, we are still here to help and support you every step of the way. OriGym is the only training provider in the UK where every employee is a qualified personal trainer so we have all been in your shoes. Our e-tutor support is 7 days per week and available until 8pm via email, phone and chatbox.

Course Duration:

As this learning method requires you to get started at a pace that suits you, it is ultimately down to you on when you qualify as it depends on your study application, academic ability and previous knowledge of the modules. The national average for qualifying is 16 weeks through this learning method.

When Can I Start?

With the online course you can start whenever you choose as there are no set start dates. Once you have enrolled and you have returned the relevant documentation required, you can start making headway into the course right away.

Where Do I Complete My Assessments?

All theory assignments can be completed in your own time in the leisure of your own home. Practical assessment must be completed at one of our nationally approved assessment centres under exam conditions. OriGym has 14 venues across the UK with assessments running on weekends from these locations.

Pricing:

Online Level 2 Gym Instructing – £649

Online Certificate in Personal Training – £1,199

Package Offer! £1,499

Includes: Online Level 2 Gym Instructing, Online Personal Training Diploma & 6 FREE CPD Courses!

"When it comes to choosing the Company you decide to qualify with as a gym instructor and personal trainer, the choice at first glance can seem overwhelming. Finding the right balance of quality of course materials, ongoing support, and matching this to a financial outlay that's affordable is not an easy task. I'm so pleased I decided to learn with OriGym. They have been superb from day one and genuinely care about your success. Their communication is always quick, detailed and supportive. Today I passed my L3, and my assessor LJ went out of her way to not only assess, but also to make sure we all left with added knowledge and teaching points, making the day a great experience. Thanks to all at OriGym, I'll be back for some CPD!"

Robbie Stephney – Trustpilot



Part-Time Personal Trainer Diploma

Introduction to Part-Time learning:

The part-time course is ideal if you feel you would benefit from more face to face interaction, but still like the flexibility that the online course provides. The part-time course gives you the best of both worlds, with the option of deciding when to study on the online learning platform, as well as attending group based workshops at your closest venue.

Attendance:

OriGym has 14 bespoke training centres across the UK, where you can attend weekly in-person workshops that run on Sundays. During this time you will learn the practical aspects of the course on the gym floor, in addition to receiving invaluable feedback on the work you've completed online. You can attend as many workshop days as you like with our course.

When Can I start?

Similar to the online course, you can commence learning as soon as you enrol and start making progress with the online learning resources prior to attending any of the workshop days.

Course Duration:

You can still take as little or as long as you choose with this learning method and attend as many workshop days that you feel are necessary. If you stick to our guidance and workshop attendance you will be qualified in 8 weeks.

"I had a great experience studying with OriGym on the part time course. The staff are dead friendly and I found the resources easy to use and well laid out. I would strongly recommend for someone looking for a career as a PT."

Jesson Roy – Trustpilot



Pricing:

Part-time Level 2 Gym Instructing – £799

Part-time Level 3 Certificate in Personal Training - £1349

Package Offer! £1799

Includes: Part-time Level 2 Gym Instructing, Part-time Personal Training Diploma & 6 FREE CPD Courses!



Full-Time Personal Trainer Diploma

Introduction to Full-Time learning:

OriGym holds full time courses out of our head office location in Liverpool. This is where you will learn through a combination of training on the gym floor and in a group classroom based environment, typically 8-12 students per group. OriGym uses our most experienced and qualified teachers and assessors for full time courses to give you the best possible learning experience.

Attendance:

You will attend OriGym's designated training centre 5 days per week from Monday to Friday, 9am - 5:30pm. Access to theory course material is permitted before the start of a course if you wish to get a head start or complete any surrounding reading.

When Can I Start?

You can book onto a full-time course up to a week prior to its commencement, but we advise booking two weeks in advance, to ensure you secure a place for a time that's suitable for you. Start dates run every other month from Liverpool. If you email our enrolment team on enrol@origym.co.uk and we can provide you with the next start dates available to you.

Course Duration:

All full time courses are 4 weeks in duration and all your assessments will be conducted on-site.

"OriGym Liverpool was such a great place to do the course. The tutors are really helpful and want you to succeed. I had an interview on the day of the final exams and they arranged for me to do it all early. They are so supportive and will do all they can to facilitate your needs. I would 100% recommend the full time course I passed my exams on the Thursday, interviewed on the Friday and wall offered my dream job on the Saturday!"

Catherine Burnham – Trustpilot



Package Offer! £2,199

Includes: Fast-Track Level 2 Gym Instructing, Fast-Track Level 3 Personal Training & 6 FREE CPD Courses!



The Course in Detail Level 2 Gym Instructing

What Modules and Topics are Covered in Your Fitness Instructing Course?

Here we have broken down every unit and component of the course for you, so you can see what you will learn.

Anatomy and Physiology for Exercise. The Skeletal System:

- The muscular system
- The nervous system
- The life-course of the musculoskeletal system and its implications for special populations
- The respiratory system
- The circulatory system
- The energy system

Principles of Exercise, Fitness and Health:

- Components of fitness
- Health benefits of physical activity
- Effects of exercise on the body
- Resistance training
- Warm up and cool down
- Principles and variables of fitness in an exercise programme
- Monitoring exercise intensity
- Contraindications to exercise and key safety guidelines for special populations
- Importance of healthy eating

What Will You Qualify With?

- Level 2 Certificate in Planning and Delivering Gym Based Exercise
- 10 CIMSPA points

Supporting Clients who Take Part in Physical Activity:

- Forming effective working relationships with clients
- Supporting clients to adhere to exercise/physical activity
- Addressing barriers to exercise / physical activity that clients experience

Health, Safety and Welfare in a Fitness Environment:

- Health and safety activity readiness questionnaire (PAR-Q)
- How to control risks in a fitness environment
- Emergency procedures in a fitness environment
- Safeguarding children and vulnerable adults

Planning Gym-Based Exercise:

- Collecting client information to plan gym-based exercise
- Planning safe and effective gym-based exercise
- Group Training

Instructing Gym-Based Exercise:

- Session preparation
- Instructional skills
- Session conclusion
- Exercise archive
- Cardiovascular machines
- Dynamic flexibility
- Free weights Upper body
- Lower body
- Resistance machines
- Lower body
- Bodyweight
- Static flexibility

The Course in Detail

Level 3 Personal Training

After successful completion of your Level 2 Gym Instructor Course, you will move on to the following Level 3 Personal Training units and modules.

Here we have broken down every unit and component of the course for you, so you can see what you will learn.

Anatomy and Physiology for Health and Exercise:

- The skeletal system
- Functional kinesiology
- The muscular system
- The nervous and endocrine systems
- The respiratory system
- The cardiovascular system
- Energy systems
- Postural and core stability
- Flexibility and stretching

Applying the Principals of Nutrition to a Physical Activity Programme

- Introduction to nutrition
- Macronutrients
- Micronutrients
- Digestion
- Food labelling
- Exercise nutrition
- Weight management
- Consult, communicate and goal set
- Food reaction diary
- The Harris Benedict Formula
- Nutritional analysis and goals summary

Programming Personal Training with Clients

- Introduction to personal training
- Appraisal and lifestyle analysis
- Consultation and goal setting
- Designing aerobic training programmes
- Designing endurance and hypertrophy based resistance training programmes
- Designing strength and power resistance based programmes
- Personal training outside the gym
- Periodisation
- Safely training special populations
- Fitness tests
- Static health tests
- Example training log
- Delivering Personal Training sessions
- Demonstrating Leadership skills
- Learning outcomes

Instructing and Adapting Exercise:

- Resistance training exercises
 - Sagittal plane
 - Frontal plane
 - Transverse plane
- Exercise for motor skills
- Core training exercises
- Assisted stretching

What Will You Qualify With?

- Level 3 Certificate in Planning and Delivering Personal Training
- 10 CIMSPA points



@kirsty_edem
Full Time London Student

Become an Elite Trainer: Further Specialist Qualifications

OriGym offers a diverse range of accredited Level 3 and Level 4 Speciality Courses that you can either combine as part of a package or purchase in isolation. These sought after qualifications will help you stand out from the crowd, enhance your potential earnings and increase your skill set within a particular discipline of training.

Depending on which specialist qualification route is most appealing, you will be able to work with clients from niche demographics that are not covered by the Personal Training Diploma. This allows you to quickly grow your client base, and be recognised as an expert on a particular aspect of health and fitness. Additionally, you will be able to advertise and market yourself as an "Elite Specialist Trainer", ensuring you stand out from your competition in a busy market place. Less than 10% of trainers in the UK study up to Level 4 status and with OriGym's fantastic Level 4 Packaged Promotions and discounted offers, you can get your career on the right path right from the start.

Become a Sports Massage Specialist:

By becoming a master trainer and sports massage specialist you can vastly increase your earning potential and career prospects by helping your clients with injury management and rehabilitation through relieving muscle soreness, aches and pains. This additional qualification enables you to apply for roles in clinics, with sports teams and boost your freelance income by offering an additional service to clients and helps retaining the clients you already have.

Become a Level 4 Nutrition Expert:

Becoming a Master personal trainer and nutritionist is an avenue you may want to explore if you want to offer weight loss or nutrition plans to both recreational clients, semi-professional and professional athletes. Advertise yourself as freelance nutritionist coach and expert or work as a certified nutritionist for both private and public sector organisations.

Become an Exercise Referral Specialist:

By completing the exercise referral qualification, you can work with clients that have been referred by their GP for physical exercise to combat a plethora of medical conditions. You can enhance your freelance business by liaising with the medical community and working with local practices or apply for roles within well-being centres, private medical companies and clinics or as a well-being mentor and medical exercise specialist.

Level 4 Lower Back Pain:

Completing the Level 4 lower back pain management course allows you to write tailored programmes for those suffering with lower back issues, which is an ever growing demographic as we get older as a population. Liaise with physiotherapists, clinics and osteopaths on a client referral basis and advertise yourself to freelance clients as Level 4 specialist in back pain management.



Level 4 Diabetes:

Diabetes is a serious condition which affects millions in the UK each year and with this qualification you can become the go to nutrition and exercise diabetes management expert in your area. GPs prescribe exercise to diabetic clients and you can harness this qualification to set-up a referral scheme to increase your client base, set-up your own clinic or work with well-being centres, health clubs or private medical care facilities.

Level 4 Obesity:

The Level 4 in Obesity and Weight Management allows you to specialise as a nutrition and weight loss expert to work with clients that are classified as clinically obese. Expand your fitness business by liaising with medical professions to gain client referrals within this special population or increase your salary at gyms that have Level 4 status roles at clinics, high end boutique gyms and major National gym chains like Virgin Active who have master personal trainer roles.

The Course in Detail: Level 3 Exercise Referral

Introduction to Course:

The Level 3 Exercise Referral course from OriGym will introduce brand new skills and knowledge while helping you fine-tune your understanding of the most important areas in helping people recover from illnesses, cope with long-term or chronic health issues and improve their wellbeing.

With a growing need for exercise referral specialists trained to meet the needs of a diverse population with a variety of health issues, as well as a growing number of special populations requiring exercise and dietary support, this is an ideal time to step into a lucrative new career.

Course Assessment:

To complete the OriGym Level 3 Exercise Referral course, you'll be required to complete the following assessments:

- Multiple choice open book online exam on anatomy and physiology - 90% pass mark required
- Multiple choice open book online paper on the application of nutrition - 90% pass mark required
- Practical assessment on delivering a programme for a patient of exercise referral.

The theory papers for the exercise referral course include some that are featured in our Level 3 Personal Trainer courses, therefore students who have already gained these qualifications would be exempt from any theory papers they have already completed. The coursework and final practical assessment would still be required.

Entry Requirements:

Students require a Level 2 Fitness Instruction qualification and must be ages 16+ to enrol.

What Will You Qualify With?

- Level 3 Diploma in Exercise Referral
- 10 CIMSPA points

What Will You Learn?

Professional Practice for Exercise Referral Instructors

Everyone is different and, as an exercise referral professional, you will work with a wide range of different clients, each with very specific needs and difficulties. You will learn about the role and responsibilities of an exercise referral professional, the UK healthcare system, processes for GP exercise referrals, and how to monitor and measure elements of risk and success.

Understanding Medical Conditions for Exercise Referral

A solid understanding of the various medical conditions you may encounter is central to a career as an exercise referral professional. This course will improve your understanding of a broad variety of conditions that you may encounter, including Hypertension, Asthma, Obesity, Diabetes, Chronic Obstructive Pulmonary Disease, Osteoarthritis, Osteoporosis, Depression, General Anxiety Disorder (GAD), and more.

Planning Exercise Referral Programmes

You will learn how to tailor plans and exercise strategies to a wide range of medical conditions, honing your ability to offer support, guidance and motivation to clients who may be struggling with severe difficulties. You'll also develop essential knowledge on topics including safeguarding, promoting long-term behaviour change, and setting SMART goals.

Instructing Exercise with GP Referred Patients

Reviewing various case studies, assignments and examples of referrals from GPs and other health services, you'll learn about setting physical, nutritional and personal goals for clients derived from their individual reasons for referral, including creating and instructing a six-week programme.

Course Cost:

£749 with no hidden fees for certifications or exams, and unlimited free examination re-sits.

The Course in Detail:

Level 4 Lower Back Pain

Introduction to Course:

Lower back pain can be a horribly debilitating experience for people, especially those trying to get back on track after an injury or those who have a deteriorating condition. As a qualified Level 4 Lower Back Pain specialist, you will play a crucial role in your clients' pain management and recovery by enabling them to get back to their best through a series of fun and rewarding programmes.

Understanding how to assess individual client needs such as posture, movement range, muscle imbalance and more, you'll empower your clients to overcome their lower back pain through safe and effective exercises. You'll also enhance your own employability with the prestigious Level 4 status that will set you apart from other personal trainers.

This course is studied entirely online via our online learning platform, letting you complete the course in your own time.

Course Assessment:

To achieve your Level 4 Lower Back Pain Management certificate, you'll be required to complete a series of assessments, with the course culminating in a practical assessment at one of our 12 training centres around the UK.

The following assessments must be completed to complete the course:

- Online course work, assignments and quizzes at the end of each module - pass required
- Practical assessment on delivering a programme for a client with LBP - pass required

Entry Requirements:

To study on this course you will need to have a qualification in either:

Level 3 Personal Training or Level 3 Exercise Referral.

Students must be 18+ to enrol.

What Will You Learn?

Throughout this advanced Level 4 Lower Back Pain Management course, you will improve your skills, knowledge and experience in helping those struggling with back problems to manage the effects through physical activity.

Identifying Types of Lower Back Pain

You will learn about the various classifications of lower back pain, their prevalence in the general population and how to identify which type of pain clients are suffering from using lower back pain exercise guidelines.

How Lower Back Pain Develops

You'll discover how back problems are aggravated by poor lifestyle habits and exercise form, and the different anatomical and neurological factors that can contribute to the development of lower back pain, including the signs and symptoms of structural injury.

Planning Exercise for Clients with Lower Back Pain

Back problems can make regular exercise very difficult for people; as part of this course, you will learn to tailor smart workout and training plans to improve the health and wellbeing of your clients, whatever back problems they may be struggling with.

Delivering Exercise for Lower Back Pain Clients

You'll learn the practical elements of delivering exercise programmes to LBP clients, taking posture, movement and weight-bearing sensitivity into consideration, as well as understanding the impact back problems can have on your client's wellbeing to enable you to offer motivation and support throughout their recovery.

What Will You Qualify With?

- Level 4 Certificate in Exercise for Managing Lower Back Pain

Course Cost:

£749 with no hidden fees for certifications or exams, and unlimited free examination re-sits.

The Course in Detail:

Level 4 Obesity & Weight Management

Introduction to Course:

Obesity and diabetes are two of the most common and problematic health issues currently facing the UK; proving a huge demand for specialists in this area. The figures are alarming, and our health service is stretched to breaking point treating issues which are easily preventable through education, exercise and proper fitness.

The OriGym Level 4 Obesity Management Course will help you become an expert in helping these people get more out of their lives.

This course is studied entirely online via our online learning platform, letting you complete the course in your own time.

Course Assessment:

To achieve your Level 4 Obesity and Diabetes Control certificate, you'll be required to complete an extensive portfolio, consisting of a series of worksheets and real case studies which will be submitted as coursework for assessment.

Case studies cover topics including:

- Creating pre-exercise regimes, personalised programme objectives and an eight-week exercise programme based around the client's medical history, health screening and physical activity level.
- Uncovering dietary information and eating habits from clients to create a healthy eating schedule that fits alongside their exercise programme, complete with measurable objectives.
- Creating post-exercise regimes, evaluating programme performance and developing modifications for future programmes.

There is no practical assessment with this course.

Entry Requirements:

To study on this course you will need to have a qualification in either:

Level 3 Personal Training or Level 3 Exercise Referral.

Students must be 18+ to enrol.

What Will You Learn?

Throughout this course, you will improve your skills, knowledge and experience in helping clients suffering from obesity to better manage their conditions and improve their health with lasting effect.

Understanding Obesity and Metabolic Syndrome

A fundamental requirement for any specialist is a deep understanding obesity, including the causes, symptoms and long-term risks. This will form the backbone of your learning during this course.

Measurement and Assessment of Obesity

Study the most effective methods of measuring and assessing obesity, as well as the external variables such as hormonal balances and metabolic syndromes that can influence weight gain.

Treating Obesity

Before comprising a plan, you will understand the exercise benefits and precautions to take with clients. You will learn all about the most effective treatments for obesity, and the best ways to deliver these solutions to clients.

Design & Deliver Weight Loss Plans

You will learn about how to develop rewarding and engaging fitness plans for both individuals and groups, with an emphasis on adaptable weight management, taking into consideration clinical complications caused by obesity.

Understanding Long Term Behaviour

Tackling the immediate issues of obesity is only half of the battle; with this course, you will become qualified in helping clients better manage their health and behaviour to combat obesity in the long term.

What Will You Qualify With?

- Level 4 Certificate in Obesity and Weight Management

Course Cost:

£749 with no hidden fees for certifications or exams, and unlimited free examination re-sits.

The Course in Detail:

Level 4 Diabetes & Weight Management

Introduction to Course:

The Level 4 weight management and diabetes qualification was designed and created by leading industry experts including advanced fitness professionals and clinicians to ensure you will have all the skills required to independently distribute effective programmes and advice.

With the online certificate course in Diabetes Control you can start learning the same day you enrol by gaining instant access to our multi-award nominated “Student Zone”, which allows you to study around your current employment and family life. With our easy to navigate platform, you will learn via videos, online lectures, eBooks and interactive e-learning and with 7-day support from our highly qualified tutors, help is never far away.

Course Assessment:

In order to complete the Online Level 4 Diabetes Diploma, you will need to complete all relevant learning modules, which have either open book multiple choice assessments or assignments for you to submit and a detailed case study, which you will submit online.

All case studies will be issued to you and are based off real case scenarios where you will have to:

- Create pre-exercise regimes, programme objectives and an eight-week exercise programme based around the client's medical history, health screening and physical activity level.
- Uncover dietary information and eating habits from clients and creating a healthy eating schedule to fit alongside their exercise programme, complete with measurable objectives.
- Create post-exercise regimes, evaluating programme performance and developing modifications for future programmes.

There is no practical assessment with this course.

Entry Requirements:

To study on this course you will need to have a qualification in either:

Level 3 Personal Training or Level 3 Exercise Referral.

Students must be 18+ to enrol.

What Will You Learn?

Upon course completion you will be confident in helping clients that suffer from Type-1 and Type-2 diabetes to manage their condition to through physical exertion and nutrition best practices.

Comprehending Metabolic Syndrome and Diabetes

You will need to fully understand the history of Diabetes and metabolic syndrome, what the causes are, the symptoms associated and the long-term effects it can have on health and well-being.

Measurement and Assessment of Diabetes

This course will show you the best method of measuring and assessing Diabetes, how to elect which assessment method is most appropriate, how to analyse and interpret the results and implement an effective plan of action. Additionally, you will learn the vast variables associated with Diabetes that can influence weight issues, such as hormonal balances amongst other external factors.

Treating & Managing Diabetes

Prior to constructing a suitable exercise programme, you need to learn the benefits and extra precautions you should take as a fitness professional to ensuring your client undergoes a training routine that is both safe and effective. You will learn the most effective treatments, when and how to implement them to deliver a bespoke, tailored plan to the client's requirements and goals.

Design & Deliver Weight Loss Plans

Factoring in clinical issues caused from Diabetes, you will learn how to write and deliver fitness plans that are individualised and grouped, that are fun, engaging and most importantly help your clients manage their weight correctly.

Understanding Long Term Behaviour

You will learn the psychological and affiliated mental health issues surrounding clients with Diabetes and know how to manage them and change their mental behaviour towards a long-term healthy lifestyle.

What Will You Qualify With?

- Level 4 Certificate in Diabetes Control & Weight Management

Course Cost:

£749 and discounts available if you pay in full.
No extra fees for certification, exams or re-sits.



The Course in Detail:

Level 4 Nutrition For Weight Management & Athletic Performance

Introduction to Course:

Developed by OriGym's in-house nutrition experts, the Level 4 Advanced Sports Nutrition qualification will expand your existing knowledge of how diet and nutrition contribute to health and weight management, including how to write specialist nutrition plans to help clients reach specific exercise and sporting goals.

On completion of this 100% online advanced nutrition course, you will be in a position to begin advertising yourself as a qualified nutrition advisor offering dieting assistance and sports nutrition advice to personal training clientele, athletes or within special populations.

Course Assessment:

To achieve your qualification you will be required to complete various assessments via coursework and examination. This is all taken through OriGym's online learning platform and can be done at your own pace.

To complete the Level 4 Advanced Sports Nutrition course you must finish the following assessments:

- Submitting a case study of work - Pass required
- Completing the online nutrition course assignments for both units - Pass required
- Online nutrition exam - 90% Pass rate required

Entry Requirements:

There are no formal entry requirements, but students must be aged 16+ to enrol.

What Will You Qualify With?

Level 4 Certificate in Nutrition for Weight Management and Athletic Performance.

Course Cost:

£1099 with no hidden fees for certifications or exams, and unlimited free examination re-sits.

What Will You Learn?

Macros & Micros:

- Understand the sources, functions and uses of macro and micronutrients to be able to explain their physiological functions.
- Components of energy consumption and expenditure
- Energy, hydration and nutrient requirements at different life stages
- The relationship between diet and disease

Understand Nutrition Legislation:

- Assess how food labels conform to legislative requirements
- Outline the legal requirements in relation to health claims and nutrition claims.

Understand the Relationship Between Nutrition & Physical Activity:

- Identify energy expenditure and nutrient use for different physical activities
- Explain how to estimate energy requirements based on physical activity levels and other relevant factors
- Develop a nutritional strategy for participants to improve performance
- Evaluate the use of performance-enhancing products and sports drinks in nutritional planning for participants in sports and physical activity
- How to advise participants in physical activities on nutritional strategies (and menus) to improve performance

Plus, Specialist Knowledge of:

- Sport and exercise nutrition for athletes
- Nutrition for the elderly and special populations
- Meal Prep and Planning
- Obesity prevention in children
- Nutrition for pregnant and breastfeeding women
- Vegetarian and Vegan diets

The Course in Detail:

Level 3 Sports Massage Therapy

Introduction to Course:

Sports Massage is becoming increasingly important in health and fitness as a tool to not only treat injuries, but act as a preventative measure. Sports Massage practitioners are also trained in providing assessment for rehabilitation and supporting patients with the psychological aspects of their pain, which goes hand-in-hand with both Yoga and Pilates knowledge.

Studied via blended learning, you will develop an understanding of human anatomy and physiology, and theoretical knowledge of soft tissue injury studied via OriGym's e-learning platform, as well as attending practical group workshops tutored by a specialist sports massage therapist to apply your learning.

Course Assessment:

To achieve your Level 3 Diploma in Sports Massage Therapy, you will be required to complete various assessments, both theoretical and practical.

As you progress through your modules, you'll be invited to attend the required practical assessments. These are run on weekends from our training locations found in a growing number of cities nationwide, including London, Birmingham and Liverpool.

Blended Learning Course Assessments:

The following assessments must be completed to complete the Level 3 Sports Massage Course:

- Practical examination on Maintenance Massage in a Clinical Environment - Pass required
- Practical examination on Pre and Post Event Massage - Pass required
- Coursework and theoretical quizzes throughout the programme - 100% mark required

Entry Requirements:

There are no formal entry requirements, but student must be aged 16+ to enrol.

Course Cost:

£1399 with no hidden fees for certifications or exams, and unlimited free examination re-sits.

What Will You Learn?

With Sports Massage Therapies becoming common place for everyone from occasional gym-goers to office workers stuck sitting in chairs all day, a wide spectrum of knowledge is critical for a successful career. You'll not only need to be equipped with the essentials of providing sports massage therapy, but to also understand the principles of exercise and human physiology. OriGym's Level 3 Sports Massage course has been crafted to provide the specialist training you'll need to become a leading sports massage therapist.

Anatomy & Physiology For SMT

Learn about how the body works with specific emphasis on the lymphatic system, including the skin and muscular tissue. Study the science and practice of manual therapy and how to correct both posture and muscular imbalances with your clients.

The Principles of Exercise, Health and Fitness

Study and comprehend how the body reacts to different forms of exercise, including resistance training, cardiovascular activity and flexibility movements. Explore the physiological effects of sports massage on the body and the physical effects and benefits.

Understand the Principles of Soft Tissue Dysfunction

Gain knowledge and understanding of soft tissue injury and dysfunction, the cause and symptoms, and how sports massage positively influences the healing process.

Professional Practice in SMT

Learn functional stretching techniques, principles of injury management and rehabilitation as well as how to deal with soft tissue trauma.

Sports Massage Treatments

Explore, understand and apply the different types of sports massage including post-sporting event and restorative massage, learning when to apply them to promote recovery and support any injuries sustained.

What Will You Qualify With?

- Level 3 Diploma in Sports Massage

The Course in Detail:

Level 4 Sports Massage Therapy

Introduction to Course:

Developed by industry experts, OriGym's Level 4 Sports Massage Course will expand your knowledge of clinical procedures, assessments, and treatment planning. The course covers a range of advanced massage techniques and teaches students how to recognise signs and symptoms associated with common sports injuries, and understand how massage can be used as a form of rehabilitation treatment.

Studied via blended learning, resources on OriGym's e-learning platform will deepen your understanding of advanced anatomical, physiological, and pathological principles of SMT. While also attending tutor-led practical workshops, where you will be taught relevant techniques and modalities necessary to work as a Level 4 Practitioner.

Course Assessment:

- You will be required to complete both practical and theoretical assessments.
- As you progress through your online modules and attend in-person workshops, you will be invited to book a place on your practical assessment. These run every month in our various training locations in cities such as London, Liverpool, and Birmingham.

Blended Learning Course Assessments

- Prior to their practical assessments all students must complete and pass relevant online modules and assignments via OriGym's e-learning platform.
- During the practical assessment you will be required to choose 1 of 5 case studies covered during the course. This choice will inform how you are assessed, as you will need to provide:
- A subjective and objective assessment of a client's condition - As it pertains to the case study
- Practical massage treatment for the condition - Including advanced techniques
- Relevant aftercare advice to the client

Entry Requirements:

Students require a Level 3 Sports Massage Therapy qualification and must be aged 16+ to enrol.

What Will You Learn?

The Level 4 Sports Massage Therapy course builds on your existing knowledge and skills, focusing on the creation and delivery of treatment plans that support injury rehabilitation.

Performing Subjective and Objective Assessment

Through the study of common sporting injuries, you will learn how to carry out specialist tests to identify related causes, signs, and symptoms. Following this, you will learn the most appropriate way to offer diagnosis and treatment to these clients.

Understanding and Providing Sports Massage Techniques

You will also explore a range of fundamental, advanced, and accessory massage techniques, including:

- Frictions
- Tapotement
- Trigger Pointing
- Soft Tissue Release
- Connective Tissue Massage
- Muscle Energy Techniques (METs)

Understanding Treatment to Support Injury Rehabilitation

This module covers how to apply various forms of treatment that assists in injury management, including soft tissue repair, cryotherapy, and thermotherapy. This will require an understanding of the treatments' effects, benefits, and contradictions.

Case Studies

Students will be provided with 5 case studies, written to specifically highlight how different clinicians write and provide information. This aims to improve your clinical understanding and reasoning, as you learn how to create and implement successful treatment plans for common injuries such as:

- Compression Fractures
- Lateral Epicondylitis
- Piriformis Syndrome
- Quadricep Strain/Achilles Tendinitis
- Thoracic

You will need to pick one of these case studies during your own practical assessment, a choice which will heavily influence how you are assessed.

What Will You Qualify With?

Ofqual-approved Level 4 Sports Massage Qualification.



The Course in Detail:

Level 3 Yoga

Introduction to Course:

OriGym's Level 3 diploma in yoga can be completed all in your own time in the comfort of your home at a pace and timeframe suitable to you.

You will study via our award nominated learning platform, which is a custom built and fully interactive, optimised for your learning experience. Learn through videos, online lectures, e-learning, e-books, quizzes and assignments.

With the yoga instructor course, you will have access to round the clock support from our dedicated team of established yoga teachers at head office, 7 days per week through email, interactive chat support and phone bookings.

Attend practical weekends across one of our locations for the essential hands-on experience as well as practising and documenting your yoga training via attendance of yoga classes.

What Will You Learn?

Unit 1 - Anatomy, Physiology and Kinesiology for Exercise and Health

The aim of this unit is to develop knowledge and understanding of anatomy and physiology of the human body and how this relates to exercise and health, including postural and core stability.

- The Skeletal System
- The muscular system
- The nervous system
- The life-course of the musculoskeletal system and its implications for special populations
- The respiratory system
- The circulatory system
- The energy system

Principles of Health and Wellbeing for Exercise, Fitness and Health

The aim of this unit is to develop knowledge and understanding of the key principles of exercise, fitness and health, including the components, principles and variables of fitness, the health and benefits of physical activity, and the importance of healthy eating.

- Components of fitness
- Health benefits of physical activity
- Effects of exercise on the body
- Resistance training
- Warm up and cool down
- Principles and variables of fitness in an exercise programme
- Monitoring exercise intensity
- Contraindications to exercise and key safety guidelines for special populations
- Importance of healthy eating

Unit 3 - Know How to Support Clients' Lifestyle Management and Enhance Client Motivation for Exercise and Physical Activity

The aim of this unit is to develop knowledge and understanding of how to develop effective working relationships with clients, how to provide ongoing customer services, and how to support clients to adhere to exercise/physical activity.

- Supporting Clients who take part in yoga
- Forming effective working relationships with clients
- Supporting clients to adhere to exercise/physical activity
- Addressing barriers to exercise / yoga that clients experience

Unit 4 - Understanding and Applying the Philosophy of Yoga

This unit aims to develop knowledge and understanding of the history and philosophy of yoga and its practical application.

- Expand and deepen your understanding of yoga, its sutras and its history
- Learn the paths to yoga and the 8 limbs of yoga
- Learn about yogic psychology and how the mind functions
- Explore the ancient yogic text & scriptures and how this connects to modern yoga
- Meditation and mantra. Mudras, bandhas and kriyas.
- Branches of yoga and chakras

Unit 5 – Yoga: The Moving Body

The aim of this unit is to provide learners with the knowledge and understanding required when understanding how the body works, the breathing body, the energetic body and the historical progression of yoga.

- Understanding muscle activation in a variety of holds and poses.
- How to support clients to progress into advanced poses.
- Breathing techniques, including thoracic, clavicular and diaphragmatic breathing.
- Posture and body positioning
- Progressive exercise programming

Unit 6 - Planning and Delivering Yoga Classes

This unit aims to develop the skills and knowledge a learner requires in all aspects of lesson planning.

- Collecting client information
- Planning a safe and effective yoga class
- Preparing a yoga class
- Instructional skills and client communication for a yoga class
- Demonstrate a range of asanas and sequences
- Produce a Scheme of work for a beginner's course, (minimum 6 weeks) to include aims and ILOs, teaching methods
- Produce a course plan showing progression from simple to complex in asana and breath work; showing progression from gross to subtle in relaxation techniques and themes.

Course Assessment:

- Anatomy and physiology – multiple choice assessment
- Principles of health and wellbeing - multiple choice assessment
- Online coursework & assignments
- Practical Assessment – Deliver a group yoga class

Entry Requirements:

There are no pre-requisite requirements, you just need to be aged 16 or over.

What Will You Qualify With?

- Ofqual regulated Level 3 Diploma in Yoga

Course Cost:

£1099 with no hidden fees for certifications or exams, and unlimited free examination re-sits.

The Course in Detail:

Level 3 Assessing Vocational Related Achievement

Introduction to Course:

OriGym's Level 3 Award in Assessing Vocational Related Achievement provides the skills, knowledge, and qualification needed to effectively assess fitness and personal training qualifications.

Taught via blended learning, this course combines online study with practical workshops, allowing you to benefit from flexible study on our industry-leading e-Learning platform, whilst still getting the hands-on experience needed to prepare for an exciting career as a Fitness Assessor.

This course is the perfect next step for existing fitness professionals who are passionate about the industry and looking to progress in their career by working with the next generation of fitness instructors and personal trainers.

Course Assessment:

To successfully complete the Level 3 Certificate in Assessing Vocational Related Achievement, students must complete and pass a variety of assessments. Specifically, you must complete:

- Online Assignment on Understanding the Principles & Practices of Assessment - Pass Required
- Case Study & Online Assignment on Assessing Occupational Competence - Pass Required
- Online Assignment on Assessing Vocational Skills, Knowledge, and Understanding - Pass Required
- Observed Practical Assessment on Competency - Pass Required

Entry Requirements:

There are no prerequisites for this course, however, you will need to hold at least the same level qualification as the one you wish to assess. For example, to be a Level 3 Personal Training Assessor, you must hold a Level 3 PT qualification.

Students must be at least 16 years old to enrol.

What Will You Learn?

This course covers everything you need to know about assessing vocational qualifications, providing an understanding of the principles and requirements of assessments, and teaching a range of methods that you'll be able to apply in your new career.

Specifically, you'll complete the following units:

- Understanding the Principles and Practices of Assessment
- Assess Occupational Competences in the Work Environment
- Assess Vocational Skills, Knowledge, and Understanding

Within these modules, you'll learn fundamental skills and knowledge, such as how to involve learners in assessments, make key decisions, and understand quality assurance. You'll also study the legal and good practice requirements relevant to assessments and learn how to manage information relating to assessments.

What Will You Qualify With?

- Level 3 Award in Assessing Vocational Related Achievement

Course Cost:

£549 with no hidden fees for certifications or exams, and unlimited free examination resits.



The Course in Detail:

Level 3 Education and Training

Introduction to Course:

On completion of this course, you'll be qualified to pursue a rewarding and lucrative career as a Fitness Tutor. You'll be able to utilize your knowledge and experience to train and tutor aspiring fitness professionals, helping them on their journey to a successful career in the industry.

Our Level 3 Education and Training course is delivered via 'blended learning', a completely flexible study method that gives you the freedom to work through the course and its content at your own pace.

You'll study the theoretical elements of the course online, using our multi award-nominated online learning platform. You will also attend practical workshops, where you can shadow experienced tutors and practice your skills in a real-life setting.

Course Assessment:

To complete our Award in Education and Training, you'll be required to pass a combination of online assessments, a case study, and an observed practical assessment. Specifically, you must pass the following:

- Online Assignment on Roles, Responsibilities, and Relationships in Education - Pass Required
- Online Assignment on Inclusive Teaching & Learning Approaches - Pass Required
- Case Study & Online Assignment on Facilitating Learning & Development - Pass Required
- Online Assignment on Assessment in Education & Training - Pass Required
- Online Assignment on Principles & Practices of Assessment - Pass Required
- Observed Practical Micro-Teach Assessment - Pass Required

What Will You Learn?

This course will equip you with the skills and knowledge required to plan and deliver effective learning sessions to groups and individuals. You'll gain a thorough understanding of learning theories and assessment methods so that you can effectively apply your skills within a teaching role.

Understanding Roles, Responsibilities and Relationships in Education and Training

Learn about different types of students and discover the best strategies for dealing with disruption, maintaining professional boundaries, and creating good first impressions. Review the key legislation, regulation, and codes of practices relevant to teaching, and acquire the skills needed to create a safe and supportive learning environment.

Understanding and Using Inclusive Teaching and Learning Approaches in Education and Training

This module covers a range of teaching strategies so that you'll be able to successfully engage, motivate, and meet the needs of your students. You'll gain an in-depth knowledge of the various methods of assessment and learn how to effectively plan productive learning sessions.

Facilitate Learning and Development for Individuals

Study the theories of learning and learn key skills that will be directly applicable to the role of a fitness tutor, such as how to provide constructive feedback, establish ground rules, and use icebreakers as part of a successful induction.

Planning and Delivering a Micro Teach

Learn how to plan, prepare, and deliver an engaging micro-teach session and acquire the skills needed to effectively self-evaluate. On completion of this module, you'll understand the characteristics of a good session and be able to identify a list of key questions to consider to ensure your sessions meet such objectives.

Entry Requirements:

There are no prerequisite qualifications needed for this course, however, you are only able to teach courses up to the level of fitness qualification you already hold. For example, you will need a Level 3 PT qualification to teach students on the Level 3 Personal Training course.

Students must be at least 16 years old to enrol.

What Will You Qualify With?

- Level 3 Award in Education and Training

Course Cost:

£549 with no hidden fees for certifications or exams, and unlimited free examination resits.





@georgia.e.ft
Passed Level 3 PT Assessment in London

CPD Courses

Continuing Professional Development (CPD) courses allow you to expand and improve your theoretical and practical knowledge, gain experience in additional areas of health and fitness, and ultimately progress in your career.

Here at OriGym, we offer a range of fitness CPD courses designed for professionals who hold a minimum Level 2 Gym Instructing or Exercise to Music qualification. You can find a full list of all of the CPD courses we offer just below.

Our CPDs are online courses, which means you can study at your own pace and in a location that works for you, allowing you to gain new skills in your own time.

OriGym is the only provider to offer 7 days per week dedicated tutor support from certified teachers, assessors and personal trainers to help guide you through the qualification.

CPD Course Cost: £150



Online CPD Course Range

Here we will show a brief overview of our wide range of Online CPD Courses

Taping & Strapping CPD:

The OriGym taping and strapping course is designed to equip existing personal trainers, coaches, fitness professionals and sport massage practitioners with the ability to safely and effectively strap and tape joints for both professional and amateur athletes.

You will learn how to limit athletes' movement at the joints, whether that being at the hand, thumb, knee or shoulder, whilst enabling them to successfully compete within their respective sport or fitness discipline. Additionally, you will learn how to re-develop poor posture and learn valuable, advanced techniques that can lead to prevent injuries and enhance performance.

This strapping and taping qualification has been created by industry experts, is recognised internationally.

Personal Training Business CPD:

Completing a fitness business course is essential to all fitness professionals as you might be the best trainer in the world, but if you do not possess the relevant advertising, marketing, sales and business skills you're set for an uphill struggle.

OriGym's gym business course is ideal for aspiring trainers who want to learn how to grow their PT business and stand out from competitors. Learn how to build rapport effectively with clients on the gym floor, how to do a PT consultation, GDPR, how to create sales funnels and much more.

OriGym is the only provider to offer 7 day per week dedicated tutor support from certified teachers, assessors and personal trainers to help guide you through the qualification.

Hydration for Sport and Exercise CPD:

The importance of hydration is one of the most underrated essential components of sporting and physical performance. As a student on OriGym's accredited hydration for sport and management course, you will learn the physiology of water, effects of dehydration, overhydration and cell function and how this can affect the performance of physical activity.

Medicine Ball Training CPD:

OriGym's medicine ball training course is designed to provide you with an extensive range of exercises that you can apply to both groups and into your 1-2-1 programmes. This includes, finding out about the origins of this form of training and how to implement partner drills, rotation exercises, bend to extension and how to adapt exercises for both progression and regression.

This medicine ball instructor course is internationally recognised and is a great way to expand your knowledge and repertoire of training. Learn how to programme medicine ball training into a functional based routine, how to spot effectively, improve functionality and enhance performance.

Myofascial Release CPD:

OriGym's myofascial release online course is an all-encompassing qualification that will teach you the key role of fascia, methods of how to achieve myofascial release and advanced techniques for different aspects of the body, including skin rolling, sacral and cranial release.

Electrotherapy CPD:

OriGym's electrotherapy training courses will give you the essential skills to apply both ultrasound and shockwave therapy to your clients and really understand the electrotherapy applications in sports.

By the end of the sports electrotherapy courses you will understand the concept of electrotherapy, its history, the link to the pain gait theory, contraindications and precautions amongst much more.

Bodyweight Training CPD:

Functional and Body weight training is one of the most popular forms of training with both clients and personal trainer a like and provides a great alternative to using traditional gym and fixed resistance apparatus.

Advanced Training Systems CPD:

OriGym's Advanced Training Systems CPD allows you to upskill by furthering your knowledge of advanced training systems. You'll learn how and why to implement advanced training systems into a programme to overcome plateaus in both your own and your clients progress. On completion of the course, you'll have the skills needed to include advanced training systems as part of personal training and group fitness classes, and the knowledge needed to identify the appropriate equipment required for each training system.

Kettlebell Instructor CPD:

Kettlebells are one of the most versatile exercise methods, offering a fun and highly effective workout for people of all shapes, sizes and abilities, improving both cardiovascular fitness and strength.

As a specialist at training with kettlebells, you will know all the tricks and benefits. Your advanced knowledge and experience will open the door to additional clients, increased employability and higher earnings, not to mention enhanced knowledge for your own personal workout!

Suspended Movement Training CPD:

Suspension training equipment has seen its popularity skyrocket in recent years. It is a safer way to activate more muscle fibres, whilst engaging your core and creating a greater range of motion when performing an exercise than utilising machines. This helps to improve client balance, strength, flexibility and joint stability.





@adamgilkes_fitness
Passed Level 3 PT Assessment in Birmingham

Post Course Career Support

What Help and Support is Provided Once I Complete my Course?

At OriGym we pride ourselves on quality and service, therefore we are proud to offer the most comprehensive post-course support of any other provider operating in the UK. We do not put a time limit on the support we offer and all the services outlined below are completely free as part of the service we provide:

Career Consultation:

Every employee at OriGym is a certified fitness professional and our careers consultants are no different. We can provide genuine career insight into how gyms operate and pay their trainers, the benefits between freelance and salaried roles and how to start a successful personal training business. These career consultations are free and are there to ensure you choose the right route into the industry for your skills sets and your personal circumstances

CV Analysis:

Send us your CV for inspection by our recruitment department and we can recommend adaptations to make you stand out from the rest!

Guaranteed Interviews:

once we have your CV looking tip-top and have prepped you for what to expect, we can guarantee you a personal training interview with one of our many corporate links near your location. Have a look below at just a few of the major national chains that we are affiliated.

CV Distribution:

Once your CV has been approved for circulation, OriGym will pro-actively target employers in relation to your postcode and distribute your CV on your behalf to help you line up those all-important interviews for you.

Interview Preparation:

Interviews can be intimidating, but not when you have properly prepared. You can speak over the phone with one of our recruiters who will cover frequently asked questions that you may encounter when applying for your first fitness role.

"I have had an amazing journey with OriGym. I have felt fully supported throughout my journey to pt, my practical workshop tutor Lisa Jane Goodchild was incredible, so knowledgeable in her lessons, so patient and always had time to make sure we all felt comfortable on assessment day. Thanks to OriGym's career support, I now have a job in a gym and I'm about to live my best life thanks team you are amazing"

Bryanne Shearman – Trustpilot



Post Course Career Support

Ongoing Support - Jobs Board:

OriGym has partnered with the UK's largest health clubs and fitness chains to make the process of finding employment that much easier for you. We have over 9000 live fitness jobs on our website, which you can apply for via our jobs board. There are freelance roles, opportunities within the public and private sector as well as management positions exclusive for our graduates.

Ongoing Support - Student Alumni:

A great benefit of completing a course with OriGym is that you can access discounts with all our corporate partners for life. Whether you are looking for insurance for once you have qualified, new gym equipment, website design, gym clothing, nutritional supplements or a day out at a mud run, we have you covered. With partnerships with over 200 brands from every corner of the industry you are sure to find a discount for your fitness requirement. You can access these discounts via our website using your OriGym ID as soon as you enrol and can continue to use them throughout your fitness career. Take a look at just some of the major brands we partner with:

Fitness Superstore

fitpro

BritishRedCross

PURE ENERGY

PTminder
Personal Trainer Software



Group of Students - Passed Level 1 & 2 PT Assessment in Liverpool

"Professional, helpful and always available to support! I tried to limit the amount of time transitioning between my old job and new job, after discussing this with a member of their team (Luke) I managed to get an interview before the course, luckily meaning I could go straight back into work. Without the help and support of the hardworking team, this wouldn't have been possible. Thanks for all the hard work, couldn't recommend enough!"

George Flower - Trustpilot



ELCAS & Funding

ELCAS Overview:

We are proud partners of the MOD (Ministry of Defence) who provide funding for current and former military personnel.

If you're a current or ex-member of the armed forces looking to transform your career and develop new skills, then you've come to the right place.

Did you know that the fitness industry is expanding at a rate never before seen? By applying for Enhanced Learning Credits funding, you could set yourself on track to becoming a fully qualified personal trainer and fitness instructor in a matter of weeks.

Now, there's a whole load of information online about courses for forces, grants for veterans, and military resettlement programmes, which makes it difficult to know what the best move is in terms of your career once you leave the military.

Obviously, we're going to be a little bit biased: we think that the fitness industry is a fantastic option for ex-members of the armed forces looking to start a new career. That's why we are proud of our status as an approved training provider of ELCAS Courses for the Enhanced Learning Credits Administrative Service.

Our enthusiasm is also backed up by the hundreds of ex-military students we have qualified as personal trainers and fitness professionals in the past, and the surging popularity of organisations like British Military Fitness.

To apply for and receive ELC funding, you must first become a Scheme Member by registering with ELCAS. To register, you must approach your local Individual Education and Resettlement Officer (IERO), who will give you access to the ELCAS members page by supplying you with a username and password.



PFA Overview:

OriGym also partners with the PFA (Players Football Association), who help current and former professional footballers with funding towards their qualifications.

Additionally, we partner with the PCA (Professional Cricketers' Association), who help current and former professional cricketers with funding towards their qualifications.

Discounts for current and former rugby professionals through the RPA (Rugby Players Association) can also be obtained on enrolment.

Evidence of affiliation with these organisations is obtained prior to enrolment and is subject to check from each respective organisation.





@enc_ft

Passed Level 3 PT Assessment in Liverpool

Frequently Asked Questions

Are your courses recognised?

All of our courses are internationally-recognised, regulated by Ofqual, and awarded by Focus Awards. Many of our fitness qualifications are also accredited by CIMSPA (the Chartered Institute for the Management of Sport and Physical Activity).

How old do you have to be, to start a personal training course?

For the gym level 2 gym instructing course you need to be at least 16 years of age and also 16 years of age for the level 3 personal training certificate.

Why are your courses so much less than other providers?

At OriGym we believe in providing top quality courses at a fair and affordable price. OriGym partners with major brands such as Sports Direct and JD Gyms whom allow us to use their venues free of charge, saving you, the end customer money in the process. Additionally, OriGym's ethos is to provide qualifications with the same accreditation and service as other providers that charge double the amount with better service.

How do I enrol onto a course?

Enrolment is very simple! Once you have identified the course package for you, make contact with our enrolment department (enrol@OriGym.co.uk or 01704870439) and we will do all the administrative work for you! Deposit payment can be made over the phone via Worldpay, or via bank transfer if you prefer. Once deposit payment has cleared, you will be asked to complete an enrolment form. As soon as this is returned complete with a copy of identification at your course booking will be confirmed and depending on the learning method you have elected you can start right away.

Can I spread the costs of the course?

Yes! OriGym offers 0% interest payment plans with flexible terms on all courses and packages.

What happens if I fail an assessment?

Don't panic! At OriGym we have an unlimited free re-sit policy, so you can simply re-take your assessments without a charge being applied.

Are there any hidden fees?

Unlike many of our competitors we don't believe in applying hidden fees or charges to our students. You won't find any registration, exam, re-sit or admin charges with us. We like to make the course fees clear from the day you enrol so you know how much you have to pay from day one.

Can I use accreditation of prior learning?

If you have completed other industry specific qualifications, you can use these towards your course to skip modules where applicable. The qualifications you have obtained must be submitted with full modular breakdown at time of enrolment.

Can I go straight onto Level 3 Personal Training?

Students must complete a level 2 Gym Instructing qualification prior to going onto a level 3 Personal Training qualification. The gym instructing qualification is a mandatory requirement of the governing body. If students have a level 2 gym Instructing qualification already, they may go straight onto a level 3 Personal Training qualification depending on when the qualification was gained and the accreditation of that qualification. You will be asked to provide a copy of that qualification upon enrolment with a copy of the course transcript for evaluation. If you are in any doubt please contact us for more information.



Course Packages

GOLD PERSONAL TRAINER PACKAGE

FROM £1,499 ~~£1,848.00~~

0% interest Payment plans

Includes:

- Level 2 Certificate in Fitness Instructing
- Level 3 Diploma in Personal Training
- 6 Free CPD Courses (Detailed pg 24-25)

MASTER TRAINER PACKAGE

FROM £1,199 ~~£1,498.00~~

0% interest Payment plans

Includes:

- Level 3 Diploma in Exercise Referral
- Level 4 Certificate in Diabetes Control & Weight management OR Level 4 Certificate in Obesity Control & Weight Management
- 6 Free CPD Courses (Detailed pg 24-25)

PERSONAL TRAINER ESSENTIALS PACKAGE

FROM £2,199 ~~£2,947.00~~

0% interest Payment plans

Includes:

- Level 2 Gym Instructing
- Level 3 Personal Training
- Level 4 Advanced Nutrition for Sport
- 6 FREE CPDs (Detailed pg2 4-25)

Contact our specialist enrolment team to discuss:

E-mail: enrol@OriGym.co.uk

Phone: 0800 002 9599

Web: origym.co.uk

Our team are on hand to answer any questions or queries you may have about our courses, so please contact us if you would like any further information on any of our courses!

MASTER PERSONAL TRAINER & SPORTS MASSEUR

FROM £2,649 ~~£3,996.00~~

0% interest Payment plans

Includes:

- Level 2 Certificate in Fitness Instructing
- Level 3 Diploma in Personal Training
- Level 3 Exercise Referral Diploma
- Level 3 Diploma in Sports Massage Therapy
- 6 FREE CPD Courses (Detailed pg 24-25)

MASTER PERSONAL TRAINER & NUTRITION SPECIALIST PACKAGE

FROM £2,449 ~~£3,696.00~~

0% interest Payment plans

Includes:

- Level 2 Certificate in Fitness Instructing
- Level 3 Diploma in Personal Training
- Level 3 Diploma in Exercise Referral
- Level 4 Nutrition in Weight Management & Athletic Performance
- 6 Free CPD Courses (Detailed pg 24-25)

Contact our specialist enrolment team to discuss:

E-mail: enrol@OriGym.co.uk

Phone: 0800 002 9599

Web: origym.co.uk

Our team are on hand to answer any questions or queries you may have about our courses, so please contact us if you would like any further information on any of our courses!

ELITE NUTRITION & HEALTH COACH SPECIALIST

FROM £3,299 ~~£5,194.00~~

0% interest Payment plans

Includes:

- Level 2 Certificate in Fitness Instructing
- Level 3 Diploma in Personal Training
- Level 3 Exercise Referral Diploma
- Level 4 Certificate in Nutrition & Obesity Management
- Level 4 Diploma in Nutrition & Diabetes Control Management
- Level 4 Nutrition in Weight Management & Athletic Performance
- 6 Free CPD Courses (Detailed pg 24-25)

Online Reviews



Trustpilot – Mohammad Abubakar

“I have completed my level 2 and will be starting my Level 3 very soon. My experience with OriGym from starting the course and joining to finishing and passing has been 5 stars always there for assistance and help whenever needed. The instructions and layouts of assignments and assessment was very clear and easy to understand... excellent training and assessment day which was best part of course, tutors were great and helpful and supportive will be coming back. I would recommend OriGym to anyone interested in fitness industry.”

Trustpilot Review – Claire

“Excellent company and customer service. Support offered from tutor team is fantastic. Instructors are very professional and friendly, with so much information to share. Easy learning format with options to suit full time, part time and online only learning. I'm very happy with OriGym and have completed 3 qualifications with them so far, now studying my level 4 specialist qualification with them too. Highly recommended.”

Trustpilot Review – Danny Gibson

“Seeing as I have a full time job, 2 year old son, and other commitments, I was able to go through the course at my own pace, and get the support I needed. Big shout out to Lisa Goodchild for being my assessor for my practicals! She made me feel at ease and providing super valuable encouragement and feedback!

I also found HUGE value in the post course support. The first job I went for, there was only one position going in the top gym in my area, and I managed to get it. I know this wouldn't have been possible if it wasn't for Luke Hughes. He gave me the most informative and helpful phone call before my interview, to which I absolutely blew it out of the park! There is no point in doing the course if you're not going to get work after, Luke can make this happen.

Thank you OriGym, Luke, and Lisa!.”



Google Review – Morgan Vincent

“I did the L2 Fitness instructing award online with PT still to come. The course is well structured and the modules easy to pass as its multiple choice or simple assignment questions to complete. I feel the marking could be quicker, but I appreciate they have thousands of students. The best part was if you do get stuck you get responses super quick so you don't just get stuck on a section and you can't get passed it. You can start a different module and then wait for the email of how to do that part. Hoping my Level 3 will be more of the same.”

Google Review – Zara Lynch

“I obtained my Level 4 Advanced qualification a year ago with OriGym . The course itself was extremely well structured, covering a vast array of topics but also in to a good level of detail allowing me to learn what I needed. The course tutor was amazing, an experienced and knowledgeable individual in her field that was always on hand to help us out. Within a week of graduating I had a job for a PT studio and within a year I was running my own business. I went back to OriGym to compete my L4 lower back qualifications and I am sure I will go back to them again in the future. I would highly recommend.”

Google Review – Richard Bunch

“From start to finish, this was an excellent experience. Even as a distance learner I felt supported throughout. There was great advice at all my assessments, along with good encouragement and guidance , when needed, from Learner Support Team. The course material covered more than everything one would need to start a career in the fitness industry. I highly recommend them and will definitely be using them for further courses. Thank you.”

A woman with dark hair tied back, wearing a white sports bra and dark shorts, is in a low, athletic stance in a gym. She is holding a thick, black battle rope with yellow accents. The background shows a brick wall and a rack of dumbbells. The lighting is dramatic, with strong highlights and shadows. The overall tone is energetic and focused.

ORIGYM™

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