



FIT UK PROSPECTUS

Quality education programmes within
the active leisure and education sector

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ABOUT US

FIT UK Training and Education Ltd (FIT UK) is a nationally recognised Award-winning Training Organisation delivering high quality Apprenticeship training and vocational qualifications.

FIT UK work together with a wide range of partner organisations to provide the specific services for learners, employees, employers organisations that empower all partners to make positive change and meet local/national demands.

OUR MISSION

To provide the highest quality funded and affordable Education and Training which is flexible, innovative, inspiring and highly responsive to the diverse and changing needs of the local and national workforce.

OUR VISION

To be a leading training provider in the UK in terms of quality of service, learner achievement, customer satisfaction, and industry recognition.

CORE VALUES

FIT UK want to be different to other training providers, we feel that there is room within the crowded Training & Education market for a company that can provide personalised learning for excellent value, in a challenging, innovative way This provides the foundation for our core values that underpin the FIT UK brand.



ABOUT US



High Quality Service Provision

To exceed the expectations of our customers. From the handling of an initial enquiry, through the delivery and assessment of our training courses, through to certification and progression, the customer experience is of the highest importance.

Excellent value for money

Training should be reasonably priced, and it is our objective to better our competitor's price for all our training provision but give excellent value with the quality of teaching.

Innovative Approaches to Training

To look at how we can best provide our services to the learner/ employer with a personalised service that is flexible to the needs and lifestyle of our learners/employers and embraces the latest developments in technology to keep us and our learners ahead of the competition.

Outstanding Initial, ongoing and future advice and guidance

The quality of our initial advice and guidance is central to our delivery provision. We strive to give quality information, advice, and guidance to ensure each individual has the best opportunity to fulfil their potential.

High Quality Support Network - Support

Is a key focus here at FIT UK giving responsive support to the learner and employer. Excellent advice and guidance so a learner can progress and how an employer can maximise using the learner's development to develop their business.



APPRENTICESHIP OVERVIEW



What is an Apprenticeship?

An apprenticeship is a genuine job with a skills development programme incorporated within it, including a number of embedded assessments and progress checks along the way. Individuals undertaking an apprenticeship reap all the benefits of employment while they learn and gain valuable skills and knowledge in a specific job role. Employers are in the driving seat designing the apprenticeship training programme with the support of a training provider, to ensure that their apprentice can meet the demands of the job and eventually pass their End-point Assessment, marking the successful conclusion of their apprenticeship. At the start of any apprenticeship, an initial assessment is completed during the enrolment process. This is conducted by the training provider in partnership with the employer where appropriate and helps to determine the appropriate starting point for the apprentice. It is recommended that during the initial assessment the apprentice's learning needs are reviewed and recorded as part of the learning and development programme.

How do they work?

Apprentices must spend at least 20% of their time devoted to off-the-job training and it is up to the employer and training provider to decide how this training is delivered. It must be directly relevant to the apprenticeship standard and can be delivered at the apprentice's usual place of work but separate to their normal working duties. Any qualifications specified within an apprenticeship standard can be classed as off-the-job training along with any employment mentoring, E-Learning, webinars, job shadowing and support given by peers.

The Gateway

Once the employer is satisfied the apprentice has developed all of the knowledge, skills and behaviours (KSBs) outlined in the apprenticeship standard, a formal meeting must be held to sign off the apprentice as ready to access their end-point assessment. This meeting usually includes the apprentice, their line manager and the on-programme training provider. At this stage any specified qualification, must be completed before the apprentice can pass through the gateway onto their end-point assessment. They must have also achieved Level 1 English and maths Functional Skills (or equivalent) and attempt level 2 prior to completing their gateway assessment.

End-point Assessment

The final stage of an apprenticeship journey is the end-point assessment. This is where the apprentice must demonstrate they can perform the relevant skills and behaviours relevant to the job role in a fully competent and productive way specified within the apprenticeship assessment plan. All end-point assessments will be planned, delivered and graded by the End Point Assessment Organisation (EPAO). EPAO maintains quality using a rigorous approach to assessor selection, training, standardisation of assessment decisions and robust quality assurance, ensuring the integrity of assessment plans are always maintained.



UK APPRENTICESHIP STANDARDS

- 01 **LEVEL 2 COMMUNITY ACTIVATOR COACH**
- 02 **LEVEL 2 LEISURE TEAM MEMBER**
- 03 **LEVEL 3 PERSONAL TRAINING**
- 04 **LEVEL 3 COMMUNITY SPORT HEALTH OFFICER**
- 05 **LEVEL 3 BUSINESS ADMINISTRATION**
- 06 **LEVEL 3 TEACHING ASSISTANT**
- 07 **LEVEL 3 TEAM LEADER/SUPERVISOR**
- 08 **LEVEL 3 EARLY YEARS EDUCATOR**
- 09 **LEVEL 3 COMMUNITY HEALTH AND WELLBEING WORKER**
- 10 **LEVEL 4 SPORTS COACH**
- 11 **LEVEL 5 EARLY YEARS LEAD PRACTITIONER**





LEVEL 2 COMMUNITY ACTIVATOR COACH

Route: Health and science

Typical duration: 14-18 months

Maximum funding: £6000

INTRODUCTION

The role of a community activator coach is to play a key role in communities, improving the health and wellbeing of the nation. It involves providing a positive environment that supports people – especially the young – to grow and develop through sport and physical activity. The community activator coach promotes and delivers fun, inclusive and engaging activities designed to help everyone. .

ASSESSMENT

- Practical coaching observation
- Presentation with questions and answers
- Panel interview

MANDATED QUALIFICATIONS

- N/A





LEVEL 2 LEISURE TEAM MEMBER

Route: Health and science

Typical duration: 18 months

Maximum funding: £5000

INTRODUCTION

The role of a leisure team member is to support, enhance and deliver the day-to-day operations and services of a leisure or fitness facility. Working as part of a team, the leisure team member carries out a range of operational duties such as assisting with the opening and closing of the facility, undertaking routine maintenance of equipment, and maintaining the cleanliness and safety of the environment. The leisure team member therefore plays a vital role in promoting a positive customer experience.

ASSESSMENT

- Professional discussion
- Observation of practical activities with questioning

MANDATED QUALIFICATIONS

- **Level 2** Award in Pool Lifeguarding
- **Level 2** Certificate in Gym Instructing
- **Level 2** Certificate in Teaching Swimming
- **Level 3** Award in First Aid





LEVEL 3 PERSONAL TRAINER

Route: Health and science

Typical duration: 15 months

Maximum funding: £4000

INTRODUCTION

The role of a personal trainer is to coach clients towards their health and fitness goals. Through the design and provision of creative, personalised exercise programmes and instruction, along with nutritional advice and lifestyle management, personal trainers motivate clients to positively change their behaviour. Personal trainers provide an invaluable service to clients in helping to improve overall wellbeing by providing bespoke advice within their scope of practice.

ASSESSMENT

- Practical observation with questions and answers
- Presentation with questions and answers
- Interview

MANDATED QUALIFICATIONS

- N/A





LEVEL 3 COMMUNITY SPORTS HEALTH OFFICER

Route: Health and science

Typical duration: 16-20 months

Maximum funding: £9000

INTRODUCTION

Community Sport and Health Officers (CSHO) initiate behaviour change in local residents, encouraging engagement in sport and physical activity. Alongside local organisations, CSHOs scope, organise and coordinate opportunities to get physically active. A full understanding of behaviour change principles is required, with an ability to adapt delivery methods, knowledge of how to manage and lead colleagues or volunteers, and experience of developing sports or physical activity programmes.

ASSESSMENT

- Work-based observation
- Case study challenge
- Presentation with questions and answers
- Panel interview

MANDATED QUALIFICATIONS

- N/A





LEVEL 3 BUSINESS ADMINISTRATION

Route: Business and administration

Typical duration: 18 months

Maximum funding: £5000

INTRODUCTION

The role of a business administrator is to develop, maintain and improve the full range of administrative services within a company. Depending on the nature of the business, the role may involve working independently or as part of a team, or a combination of the two. The skills required for the role of a business administrator are highly transferable, being applicable across all kinds of businesses whether in the public, private or charitable sectors.

ASSESSMENT

- Knowledge test
- Portfolio-based interview
- Project presentation

MANDATED QUALIFICATIONS

- N/A





LEVEL 3 TEACHING ASSISTANT

Route: Education and childcare

Typical duration: 15-18 months

Maximum funding: £7000

INTRODUCTION

The role of a teaching assistant is important in nursery, primary, special, and secondary education across all age ranges and abilities and can encompass special educational needs. Teaching assistants support class teachers to enhance pupils' learning, either in groups or individually, ensuring they understand the work set, know their learning objectives, and stay on task in order to make progress.

ASSESSMENT

- Practical observation with questions and answers
- Professional discussion supported by a portfolio of evidence

MANDATED QUALIFICATIONS

- N/A





LEVEL 3 TEAM LEADER / SUPERVISOR

Route: Business and administration

Typical duration: 12-18 months

Maximum funding: £4500

INTRODUCTION

The role of a team leader/supervisor is to set a positive example to colleagues, providing support to individuals, leading team meetings, and carrying out inductions, supervisions and appraisals. The role also involves working in partnership with other professionals to make sure team members get the support they need.

ASSESSMENT

- Knowledge test
- Competency-based interview
- Professional discussion
- Review of portfolio of evidence

MANDATED QUALIFICATIONS

- N/A





LEVEL 3 EARLY YEARS EDUCATOR

Route: Education and childcare

Typical duration: 18 months

Maximum funding: £6000

INTRODUCTION

Early years educators work in a range of settings including full day care, children’s centres, preschools, reception classes and as childminders. They may either be working on their own or supervising others to deliver the Early Years Foundation Stage (EYFS) requirements set out by Government for the learning, development, and care of children from birth to five years old.

ASSESSMENT

- Knowledge test
- Professional discussion

MANDATED QUALIFICATIONS

- Level 3 Early Years Educator, please see, <https://www.gov.uk/government/publications/eyfs-staffchildratios-dfe-approved-qualifications>
- Level 3 Award in Paediatric First Aid or Level 3 Award in Emergency Paediatric First Aid



**LEVEL 3****COMMUNITY HEALTH AND WELLBEING WORKER****Typical duration: 15 months** (including End Point Assessment)**Maximum funding: £7000****INTRODUCTION**

FIT UK proudly introduces its specialised Community Health and Wellbeing Worker apprenticeship, tailored for individuals dedicated to making a positive impact on community health and fostering overall well-being. Aligned with the standards set by the Institute for Apprenticeships and Technical Education, this apprenticeship offers comprehensive training for those aiming to promote health and well-being within diverse education. Community and health care settings.

APPRENTICESHIP OVERVIEW

This apprenticeship provides a holistic understanding of community health and well-being work. Apprentices will gain knowledge in health promotion, behaviour change strategies, mental health awareness, community engagement, and coordinating well-being initiatives tailored to diverse community needs.



LEVEL 3

COMMUNITY HEALTH AND WELLBEING WORKER

KEY COMPONENTS

Health Promotion and Advocacy

- Strategies for health education and advocating healthy lifestyles.
- Designing and implementing effective health promotion campaigns within education, communities, and health care settings.

Community Well-being Coordination

- Coordinating community-based well-being activities
- Raising awareness about mental health and supporting community well-being
- Planning and implementing programs to address diverse community needs.

APPRENTICESHIP STRUCTURE

The apprenticeship integrates theoretical knowledge with practical application, allowing apprentices to develop essential skills and apply them within real-world community settings. Through experiential learning and case studies, apprentices will gain the expertise necessary to promote health and well-being effectively.

ENROL TODAY

Join FIT UK's Community Health and Wellbeing Worker apprenticeship and embark on a fulfilling journey toward making a tangible difference in community health and fostering overall well-being. Take the first step in contributing positively to community health initiatives by joining our comprehensive apprenticeship programme.





LEVEL 4 SPORTS COACH

Typical duration: 18 months

Maximum funding: £9000

INTRODUCTION

FIT UK proudly presents its Level 4 Sports Coach apprenticeship, offering specialised pathways tailored for aspiring coaches in three distinct domains: High Performance Sports, Community Sports, and School Sports. Aligned with the stringent standards set by the Institute for Apprenticeships and Technical Education, this apprenticeship equips individuals with advanced coaching skills and expertise in their chosen coaching pathway.

APPRENTICESHIP OVERVIEW

This apprenticeship offers specialised pathways focusing on different aspects of sports coaching:

01. High Performance Sports Coaches: Tailored for coaches aspiring to excel in elite and high-performance sports, this pathway delves into advanced coaching methodologies, athlete development strategies, performance analysis, and sports psychology geared toward achieving excellence in competitive sporting environments.

02. Community Sport Coaches: Designed for individuals passionate about fostering community engagement through sports, this pathway emphasises inclusive coaching techniques, community development, effective communication, and organising sports initiatives to promote health and well-being within diverse community settings.



LEVEL 4 SPORTS COACH

03. School Sport Coaches: Specifically designed for coaches aiming to impact young athletes within educational settings, this pathway covers curriculum-based coaching, pedagogical approaches, child development theories, and creating inclusive and engaging sports programmes within school environments.

KEY COMPONENTS

High Performance Sports Coaches

- Advanced coaching methodologies and athlete development strategies
- Sports psychology and performance analysis in elite sports
- Achieving excellence in competitive sporting environments

Community Sport Coaches

- Inclusive coaching techniques and community development
- Effective communication and promoting well-being through sports.
- Engaging diverse communities in physical activity initiatives

School Sport Coaches

- Curriculum-based coaching and pedagogical approaches
- Child development theories and creating inclusive school sports programmes.
- Enhancing physical education and sports within educational settings

APPRENTICESHIP STRUCTURE

Each pathway integrates theoretical knowledge with practical application, enabling apprentices to apply coaching principles within their chosen context. Through specialised sessions and tailored experiences, individuals will develop expertise in their specific coaching domain.

ENROL TODAY

Choose your apprenticeship pathway and embark on a individualised journey toward becoming an exceptional sports coach in High Performance, Community, or School settings with FIT UK's Level 4 Sports Coach apprenticeship. Begin your coaching career by joining our specialised programme.



**LEVEL 5****EARLY YEARS LEAD PRACTITIONER****Typical duration: 24 months****Maximum funding: £8000****INTRODUCTION**

FIT UK is delighted to introduce its Level 5 Early Years Lead Practitioner apprenticeship, a comprehensive program designed to elevate the skills and expertise of professionals aspiring to lead and excel within the field of early childhood education. Aligned with the standards set by the Institute for Apprenticeships and Technical Education, this course is crafted to equip individuals with advanced knowledge and competencies required for leadership roles in early years settings.

APPRENTICESHIP OVERVIEW

Our apprenticeship focuses on advanced concepts in early childhood education, encompassing leadership principles, effective management strategies, curriculum development, and fostering high-quality learning environments for young children.

LEARNING OBJECTIVES

Apprentices will delve into advanced topics essential for early years leadership, including leading curriculum development, managing staff and resources, promoting a culture of continuous improvement, and ensuring adherence to regulatory standards



LEVEL 5

EARLY YEARS LEAD PRACTITIONER

KEY COMPONENTS

- Advanced understanding of early childhood development
- Leadership and management skills in an early year's context
- Implementing strategies for quality improvement
- Leading professional development and mentoring staff

APPRENTICESHIP STRUCTURE

This apprenticeship adopts a blend of theoretical and practical learning methodologies, allowing participants to apply acquired knowledge in real-world scenarios. Through immersive experiences and case studies, participants will develop the necessary skills to excel as leaders in early years education.

WHY CHOOSE FIT UK

- Accredited program meeting industry standards
- Advanced learning experiences with practical applications
- Guidance from experienced educators and industry experts
- Pathway to leadership roles in early childhood education

ENROL TODAY

Embark on a transformative journey toward becoming a proficient and influential leader in early years education with FIT UK's Level 5 Early Years Lead Practitioner Course. Take the next step in advancing your career by joining our program.



FIT UK COMMERCIAL COURSE PRICES 2023/24

HEALTH, FITNESS, COACHING & MANAGEMENT

	COURSE PRICE	E-LEARNING
AIQ Level 2 Award Instructing Kettlebells	£200	£150
AIQ Level 2 Award Instructing Circuit sessions	£200	£150
AIQ Level 2 Award Working with Communities to Promote and Support Active Healthy Lifestyles	£500	£450
AIQ Level 2 Certificate Gym Instructing	£699	£699
AIQ Level 2 Certificate Group Training	£600	£495
AIQ Level 3 Award Managing Pool Operations	£300	N/A
AIQ Level 3 Diploma Exercise Referral <small>inc. A+P</small>	£1800	£1800
Active IQ Level 3 Diploma Gym Instructing and Personal Trainer	£2225	£2225
AIQ Level 3 Diploma Personal Training	£1700	£1000
AIQ Level 3 Award Supporting Pre and Post Natal with Exercise and Nutrition	£300	£275
AIQ Level 4 Certificate Advanced Personal Training	£600	N/A
AIQ Level 4 Certificate Strength and Conditioning <small>min 6 candidates</small>	£1000	N/A
AIQ Level 4 Certificate Physical Activity and Weight Management for Obese & Diabetic clients	£600	£600
AIQ Level 4 Certificate Physical Activity & Lifestyle Strategies for Managing Lower Back Pain	£600	£600

Duration and assessment subject to individual requirements. Bespoke CPD training packages are available upon request. Payment plans available upon request. Group and partner organisation discounts available upon request. Full range of Active IQ CPD qualifications (Speak to qualification team)



CONTACT



If you are interested in finding out more about our apprenticeships or our commercial courses and would like to arrange a meeting, please contact:

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