



EIF

EUROPEAN INSTITUTE OF FITNESS

BE MORE.

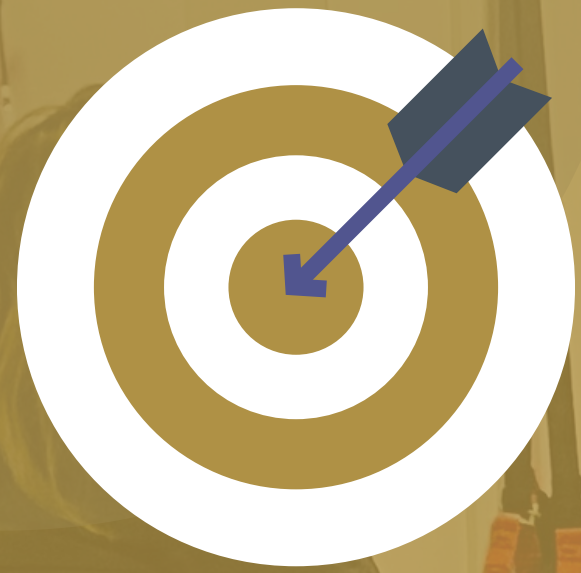
FOCUSAWARDS

RSPH  
ROYAL SOCIETY FOR PUBLIC HEALTH  
VISION, VOICE AND PRACTICE

gloo  
Fitness Studio

EIF  
MASTERTRAINER  
Certified Personal Trainer  
BE MORE.  
FITNESS & NUTRITION

e-Brochure



# A Lasting Career in Fitness

Welcome to the European Institute of Fitness. We have been qualifying students to become world class trainers since 2005. Our courses do NOT blindly follow the UK standard but do, indeed, enable every student to register with CIMSPA / REPs and work anywhere in the UK, throughout Europe and around the world. Let me explain the Eif difference...

*Darren Jebbenham*  
Founder Eif



BE MORE.



Allison Rumgay, BA



Darren Tebbenham, BSc, MSc

# 50 years of experience

You will be taught by two leading fitness professionals with more than 50 years of PT experience between them. One of those is me and I have been teaching students to excel as trainers for more than 25 years. The other is Allison Rumgay who has inspired countless fitness professionals to excel both here in the UK as well as overseas.



# Master Trainer Level 2 and 3 awards



10 weeks home study with daily bite-sized lessons to break down the content into easy to learn segments with access to your tutors via our online portal to get help when you need it.  
+ 2-day practical intensive at our real-life PT studio to build confidence (ask about virtual options).



# Practical Days

These are held at Gloo Fitness in Stratford Upon Avon. You will leave feeling confident about your one-on-one and small group PT delivery, PT box and pad work skills, ability to coach nutritional change and how best to get clients and build your practice.



PHYSICAL FITNESS  
MENTAL FITNESS  
FITNESS NUTRITION  
FITNESS BUSINESS

One-On-One Personal Training  
Partner and Small Group PT  
Posture & Corrective Exercise  
Specific Populations  
Advanced Program Design  
PT Box and Pad Work  
Circuit Training

Core Stability & Back Care  
Mobile / Outdoor PT  
Habits & behaviour change  
Mindset & mental health  
Nutrition & Weight Management  
Lifestyle coaching  
Fitness Business

**What We Cover**



**RSPH**

ROYAL SOCIETY FOR PUBLIC HEALTH  
VISION, VOICE AND PRACTICE

**APPROVED**

# Mental Fitness Coach

7 week online home study program. Designed for personal trainers, physiotherapists, teachers, doctors and nurses, this diploma helps our learners better understand how to develop mental strength and resilience to support their patients and clients to get mentally and physically fit for life.

- ✓ YES! Includes EiF Diploma in Mental Health and Fitness Coaching
- ✓ YES! RSPH Level 2 Award in Understanding Mental Health and Well-being
- ✓ YES! RSPH Level 2 Award in Supporting Behaviour Change

7 modules. The rich combination of video tutorials, directed reading and practical activities will help you develop the knowledge and skills to help clients become mentally stronger and more resilient as well as adopt an approach to nutrition and exercise coaching to better support lasting habit change.

You will need to study around 4-6 hours per week over the 7 week course.  
Assessments: Multiple choice online assessment plus case study submission



**Mental Fitness**



# Advanced Personal Trainer Level 4

Online home study via 8 video modules plus 12 week case study. This Focus level 4 course is designed to up-skill in the areas of nutrition, online delivery and the use of technology in fitness coaching delivery.

# Pricing

## **Master Trainer award £2000.**

Includes online course, full certification and all assessments and training as well as 2-day face to face private practical experience.

## **Mental Fitness Coach £1000.**

Includes all training and assessments.

## **Level 4 Advanced PT £1000.**

Includes Focus Award in Online PT Delivery (Level 3) as well as Advanced PT (Level 4) award.

Current promotions and discounts will be emailed to you separately, please check your emails including spam folder.





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