



The UK's Leading Health & Fitness Training Provider



20 years industry experience

Over 1000 successful graduates each year



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Creating Fitness Professionals

Unlock your full potential with Diverse Trainers, the leading provider of personal training courses with over 5,000 successful graduates. Our experienced team is dedicated to delivering high-quality training and support to help you achieve your dreams. Our wide range of accredited courses, guided by expert trainers with over two decades of experience, will empower you to surpass your goals and unleash your full potential. Begin your adventure today and pave the way to becoming a qualified personal trainer!

Why Train with us

- Expert Tutors ☒
- Flexible payments ☒
- Flexible learning ☒
- Expert Training ☒
- Ongoing Tutor Support ☒
- Fitness Industry Leaders ☒

Level 2 Gym Instructor

The **Level 2 Gym Instructor** course is designed to provide individuals with the necessary knowledge and skills to work as a professional gym instructor and serves as a foundational qualification for anyone wanting to pursue a career in the fitness industry. There are no entry requirements for the Level 2 Gym Instructing Course.

Learning Options Available for the Level 2 Gym Instructor Course

The Level 2 Gym Instructor course offers 3 different learning options.

Online Distance Learning

- Qualification time frame: Approximately 4–6 weeks
- Study at your own pace using Diverse Trainers' interactive e-learning platform
- Tutor support available via phone, email, and chat room
- Weekly interactive live webinars and access to pre-recorded webinars
- Final practical unit completed through video submission for tutor assessment

Face-to-Face Blended Learning

- Qualification time frame: Approximately 4–6 weeks
- Combines flexible online study with in-person practical training
- Access to Diverse Trainers' interactive e-learning platform and live webinars for theory modules
- Includes one weekend of practical training and assessment at the nearest venue with a dedicated tutor

Face-to-Face Fast Track Intensive Learning

- Qualification time frame: Just 1 week
- Fully hands-on learning experience covering all theory and practical modules in 5 days
- Delivered in person at the nearest venue with direct tutor guidance
- Early access to the interactive e-learning platform before the course begins
- Immediate feedback and in-depth knowledge for a fast and effective qualification

Course cost (with no hidden fees)

Online: £499

Blended Face-to-Face: £699

Fast Track Intensive Face-to-Face: £999

Potential Earnings for a Gym Instructor

£24,000 - £28,000 per year

What Units are covered in the Level 2 Gym Instructor Course?

The Level 2 Gym Instructor course consists of 6 units:

Unit 1 – Principles of health and well-being for exercise, fitness and health

Unit 2 – Anatomy, physiology and kinesiology for exercise and health

Unit 3 – Know how to support clients lifestyle management and enhance client motivation for exercise and physical activity

Unit 4 – Principles for professional practice and health and safety in a fitness environment

Unit 5 – Planning professional practice with effective consultations and assessments for gym-based exercise sessions

Unit 6 – Instructing professional practice and effective exercise supervision in gym-based exercise sessions

What qualification will you receive upon completion of the course?

Focus Awards Level 2 Certificate in Planning and Delivering Gym Based Exercise (RQF)

What career prospects are there upon completion of the course?

- Gym Instructor in the UK and Internationally
- Fitness Class Instructor
- Gym Manager
- Cruise Ship Gym Instructor



Great Course , we'll recommend!

The course was very detailed and covered a large number of criteria which was required for the qualification.

The course material was detailed and covered each topic in depth.

Each module was easy to follow and the system was on the whole easy to navigate, but there was always support on hand via email or phone to support my studies.

Webinars were friendly, informative and interactive and handled professionally.

I would recommend this course for anyone keen to increase their own personal training journey or use it, as I intend to as a stepping stone into a Gym based career.

Date of experience: 30 October 2024

Level 3 Personal Trainer

The **Level 3 Personal Trainer** course prepares individuals to work professionally. It builds on the Level 2 Fitness Instructor course, covering anatomy, physiology, and exercise programming in greater detail for tailored fitness plans. A Level 2 Gym Instructor qualification or equivalent is required before studying this course.

Learning Options Available for the Level 3 Personal Trainer Course

The Level 3 Personal Trainer course offers 3 different learning options.

Online Distance Learning

- Qualification time frame: Approximately 4–6 weeks
- Study at your own pace using Diverse Trainers' interactive e-learning platform
- Tutor support available via phone, email, and chat room
- Weekly interactive live webinars and access to pre-recorded webinars
- Final practical unit completed through video submission for tutor assessment

Face-to-Face Blended Learning

- Qualification time frame: Approximately 4–6 weeks
- Combines flexible online study with in-person practical training
- Access to Diverse Trainers' interactive e-learning platform and live webinars for theory modules
- Includes one weekend of practical training and assessment at the nearest venue with a dedicated tutor

Face-to-Face Fast Track Intensive Learning

- Qualification time frame: Just 1 week
- Fully hands-on learning experience covering all theory and practical modules in 5 days
- Delivered in person at the nearest venue with direct tutor guidance
- Early access to the interactive e-learning platform before the course begins
- Immediate feedback and in-depth knowledge for a fast and effective qualification

Course cost (with no hidden fees)

Online: £599

Blended Face-to-Face: £849

Fast Track Intensive Face-to-Face: £1099

Potential Earnings for a Personal Trainer

£35,000 - £50,000 per year

What Units are covered in the Level 3 Personal Trainer Course?

The Level 3 Personal Trainer course consists of 5 units and an assignment:

Unit 1 – Anatomy physiology and kinesiology for exercise and health

Unit 2 – Applying nutritional principles to personal training

Unit 3 – Planning exercise programme design for personal training clients

Unit 4 – Delivering exercise programmes for personal training sessions

Unit 5 – Business acumen and the use of information technology for a personal trainer

What qualification will you receive upon completion of the course?

Focus Awards Level 3 Certificate in Planning and Delivering Personal Training (RQF)

UCAS Points: 24

What career prospects are there upon completion of the course?

- Personal Trainer in the UK and Internationally
- Online Personal Trainer
- Wellness Coach
- Crusie Ship Personal Trainer



The Best Value For Money You Can Find Out There

I qualified as a Level 3 Personal Trainer and also took a Level 4 qualification in Nutrition and Weight Management. Throughout my studies, Diverse Trainers has always replied to me promptly, offering support when needed, and accommodating my request with flexibility. I highly recommend them.

Date of experience: 25 October 2024



Level 3 Diploma in Gym Instructing and Personal Training

The **Level 3 Diploma in Gym Instructing and Personal Training** Course is a comprehensive program designed to equip individuals with the necessary skills and knowledge to pursue a career as a professional gym instructor and personal trainer. There are no entry requirements for the Level 3 Diploma in Gym Instructing and Personal Training Course.

Learning Options Available for the Level 3 Diploma in Gym Instructing and Personal Training Course

The Level 3 Diploma in Gym & PT course offers 3 different learning options.

Online Distance Learning

- Qualification time frame: Approximately 8-12 weeks
- Study at your own pace using Diverse Trainers' interactive e-learning platform
- Tutor support available via phone, email, and chat room
- Weekly interactive live webinars and access to pre-recorded webinars
- Final practical unit completed through video submission for tutor assessment

Face-to-Face Blended Learning

- Qualification time frame: Approximately 8-12 weeks
- Combines flexible online study with in-person practical training
- Access to Diverse Trainers' interactive e-learning platform and live webinars for theory modules
- Includes two weekends of practical training and assessment at the nearest venue with a dedicated tutor

Face-to-Face Fast Track Intensive Learning

- Qualification time frame: Just 2 weeks
- Fully hands-on learning experience covering all theory and practical modules in 5 days
- Delivered in person at the nearest venue with direct tutor guidance
- Early access to the interactive e-learning platform before the course begins
- Immediate feedback and in-depth knowledge for a fast and effective qualification

Course cost (with no hidden fees)

Online: £899

Blended Face-to-Face: £1299

Fast Track Intensive Face-to-Face: £1699

Potential Earnings for a Personal Trainer

£35,000 - £50,000 per year

What Units are covered in the Level 3 Personal Trainer Course?

The Level 3 Diploma in Gym Instructing and Personal Training course consists of 10 units:

Unit 1 – Principles of health and well-being for exercise, fitness, and health

Unit 2 – Know how to support the client's lifestyle management and enhance client's motivation for exercise and physical activity.

Unit 3 – Principles for professional practice and health and safety in a fitness environment

Unit 4 – Planning professional practice with effective consultations and assessments for gym-based exercise sessions

Unit 5 – Instructing professional practice and effective exercise supervision in gym-based exercise sessions

Unit 6 – Applying nutritional principles to personal training

Unit 7 – Anatomy physiology and kinesiology for exercise and health

Unit 8 – Planning exercise program design for personal training clients

Unit 9 – Delivering exercise programs for personal training sessions & Assignment

Unit 10 – Business acumen and the use of information technology for a personal trainer

What qualification will you receive upon completion of the course?

Focus Awards Level 3 Diploma Practitioner in Personal Training (RQF)

UCAS Points: 32



FOCUS AWARDS 



Highly recommend Diverse Trainers

I felt fully supported throughout the entire process. The tutors are very knowledgeable and easily contactable. The resources are also very helpful. Both the Level 2 Gym Instructor and Level 3 PT assignments are easy to follow and understand. Work is marked and feedback issued very promptly for the online course. I would highly recommend Diverse Trainers.

Date of experience: 16 December 2024



Level 2 Exercise to Music

The **Level 2 Exercise to Music** course is a comprehensive training program designed for individuals who are interested in becoming qualified exercise to music instructors. This course provides a solid foundation of knowledge and practical skills required to deliver dynamic and engaging exercise classes set to music. There are no entry requirements for the Level 2 Exercise to Music Course.

Learning Options Available for the Level 2 Exercise to Music Course

The Level 2 Exercise to Music Course offers an online flexible learning option.

Online Distance Learning

- Qualification time frame: Approximately 8-12 weeks
- Study at your own pace using Diverse Trainers' interactive e-learning platform
- Tutor support available via phone, email, and chat room
- Weekly interactive live webinars
- Final practical unit completed through video submission for tutor

What career prospects are there upon completion of the course?

- Group Exercise Instructor
- Online or Virtual Class Instructor
- Work in Schools or Community Programs

What Units are covered in the Level 2 Exercise to Music Course?

The Level 2 Exercise to Music course consists of 6 units:

Unit 1 – Anatomy physiology for exercise

Unit 2 – Health, safety, and welfare in a fitness environment

Unit 3 – Principles of exercise, fitness, and health

Unit 4 – Know how to support clients to take part in exercise and physical activity

Unit 5 – Planning exercise to music sessions

Unit 6 – Instructing group exercise to music

What qualification will you receive upon completion of the course?

Focus Awards Level 2 Certificate in Fitness Instructing (Exercise to Music) (RQF)

Course cost (with no hidden fees)

Online: £699

Potential Earnings for an ETM Instructor

£21,000 - £28,000 per year



The exercise to music course the staff...

The exercise to music course the staff was very supportive and to pass the practical took me longer than I hoped but I would rather take my time and pass knowing I understand the exercise to music level 2 really well. I would definitely train with this company again in the future. Thank you Diverse trainers for providing an excellent service.

Date of experience: 24 October 2023

FOCUS AWARDS 



Level 3 Mat Pilates

The **Level 3 Mat Pilates** course will deepen your understanding of the anatomical and biomechanical principles that underpin Pilates exercises. They will learn advanced techniques for cueing, modifications, and variations to cater to different client needs and abilities. There are no entry requirements for the Level 3 Mat Pilates course.

Learning Options Available for the Level 3 Mat Pilates Course

The Level 3 Mat Pilates course offers 2 different learning options.

Online Distance Learning

- Qualification time frame: Approximately 4–6 weeks
- Study at your own pace using Diverse Trainers' interactive e-learning platform
- Tutor support available via phone, email, and chat room
- Weekly interactive live webinars and access to pre-recorded webinars
- Final practical unit completed through video submission for tutor assessment

Face-to-Face Blended Learning

- Qualification time frame: Approximately 4–6 weeks
- Combines flexible online study with in-person practical training
- Access to Diverse Trainers' interactive e-learning platform and live webinars for theory modules
- Includes one weekend of practical training and assessment at the nearest venue with a dedicated tutor

Course cost (with no hidden fees)

Online: £799

Blended Face-to-Face: £999

Potential Earnings for a Mat Pilates Instructor

£24,000 - £40,000 per year

What Units are covered in the Level 3 Mat Pilates Course?

The Level 3 Mat Pilates course consists of 6 units:

Unit 1: Anatomy and Physiology

Unit 2: Health and safety

Unit 3: Principles of exercise health and fitness

Unit 4: Supporting clients

Unit 5: Programming Pilates sessions

Unit 6: Delivering Pilates sessions

What qualification will you receive upon completion of the course?

Focus Awards Level 3 Diploma in Delivering Pilates Sessions (RQF)

UCAS Points: 16

What career prospects are there upon completion of the course?

- Mat Pilates Instructor in the UK and Internationally
- Home based Mat Pilates Instructor
- Pilates Instructor in Corporate Wellness Programs
- Health & Wellness Coach



Highly recommend

I have recently attended Diverse Gym in Preston to take part in a Practical Pilates assessment. It was a wonderful experience, all the staff here are extremely helpful and friendly. Many heart-felt thanks to my Pilates tutor/assessor Kate Noble for her knowledge, support and advice. It was invaluable to me.

Date of experience: 23 April 2024



FOCUS AWARDS

Level 3 Reformer Pilates

The **Level 3 Reformer Pilates** course aims to equip you with the skills and confidence to conduct outstanding Reformer Pilates sessions. It includes the fundamental principles of Pilates, essential anatomy and physiology for reformer exercises, and a wide array of reformer techniques and modifications for different fitness levels and special populations. Students need to have completed a fitness level 2 fitness instructor qualification or equivalent to enrol on the level 3 Reformer Pilates qualification

Learning Options Available for the Level 3 Reformer Pilates Course

The Level 3 Reformer Pilates course offers 2 learning options.

Online Distance Learning

- Qualification time frame: Approximately 4–6 weeks
- Study at your own pace using Diverse Trainers' interactive e-learning platform
- Tutor support available via phone, email, and chat room
- Pre-recorded resources
- One day virtual live webinar for practical training
- Final practical unit completed through video submission for tutor assessment

Face-to-Face Blended Learning

- Qualification time frame: Approximately 4–6 weeks
- Combines flexible online study with in-person practical training
- Access to Diverse Trainers' interactive e-learning platform and pre-recorded resources
- Includes one weekend of practical training and assessment at the nearest venue with a dedicated tutor

Course cost (with no hidden fees)

Online: £799

Blended Face-to-Face: £999

Potential Earnings for a Reformer Pilates Instructor

£30,000 - £50,000 per year

What Units are covered in the Level 3 Mat Pilates Course?

The Level 3 Reformer Pilates course consists of 6 units:

Unit 1: – The Essential Reformer exercises

Unit 2: – How to structure a Reformer class

Unit 3: – Fundamentals in Anatomy for the Reformer

Unit 4: – The History of the Classical Reformer

Unit 5: – Equipment used with the Reformer

Unit 6: – Assessment for the Reformer

What qualification will you receive upon completion of the course?

Level 3 Reformer Pilates

What career prospects are there upon completion of the course?

- Reformer Pilates Instructor in Gyms/Studios
- Specialised Pilates Instructor (e.g., Pre/Postnatal)
- Pilates Instructor for Corporate Wellness Programs
- Reformer Pilates Instructor in Rehabilitation or Physiotherapy Clinics



L3 Reformer blended course

I have just finished the L3 Reformer Pilates blended course. I was not new to Diverse, as last year I completed the L3 Mat Pilates online course. Similar to my previous experience, I felt completely supported throughout the course. The members of staff provide clear information and are fast to answer either by email and phone. The platform with online learning is clear and easy to access and so the coursework to complete online. This time around, as part of the course, I attended the weekend workshop at Diverse Gym in Preston. The weekend was lovely. Such a great opportunity to bond and network with other Pilates lovers. Kate our tutor is wonderful! She absolutely knows how to engage the group and make people feel at ease. I enjoyed every minute. She was so attentive, encouraging and knowledgeable! I would 100% advise to enrol in this course and attend the weekend in Preston.

Date of experience: 11 January 2025

Level 4 Diploma in Teaching Yoga

The **Level 4 Yoga Diploma** course is aimed at experienced Yoga practitioners, and those learners working in the fitness industry, who want to add teaching Yoga to their portfolio of qualifications. The qualification will provide learners with the skills, knowledge, and experience necessary to become competent and professional teachers of Yoga. One year of Yoga Practice is required before enrolling.

Learning Options Available for the Level 4 Yoga Diploma Course

The Level 4 Yoga Diploma course offers a flexible online learning option.

Online Distance Learning

- Qualification time frame: Approximately 10-14 weeks
- Study at your own pace using Diverse Trainers' interactive e-learning platform
- Tutor support available via phone, email, and chat room
- Final practical unit completed through video submission for tutor assessment

What qualification will you receive upon completion of the course?

Focus Awards Level 3 Award in the Foundations of Yoga

Focus Awards Level 4 Diploma in Teaching Yoga

UCAS Points: 8

What career prospects are there upon completion of the course?

- Yoga Instructor in the UK & Internationally
- Online Yoga Instructor
- Corporate Wellness Yoga Instructor
- Yoga Retreat Organizer

Course cost (with no hidden fees)

Online: £899

Potential Earnings for a Yoga Instructor

£25,000 - £40,000 per year



FOCUS AWARDS 

What Units are covered in the Level 4 Yoga Diploma Course?

The Level 4 Yoga Diploma course contains 2 Levels, which are split up into the following:

Level 3 Award in the Foundations of Yoga

The Moving Body – Asanas; Sun Salutations; Kinesiology.

The Breathing Body – Breathing Practices.

The Energetic Body – Mudras; Chakras; Bandhas.

Relaxation and Meditation – Journal Writing

Developing Personal Practice – Reflective Practice

The Yoga Sutras – the teachings of Patanjali

Level 4 Diploma in Teaching Yoga

Unit 1: Teaching Yoga as a Profession

Unit 2: Planning and Delivering Yoga Classes

Unit 3: Understanding and Applying the Philosophy of Yoga

Unit 4: Teaching Asana to Meet the Needs of Mixed Ability Students

Unit 5: Finding the Breath



Thankyou

I want to take a moment to express my heartfelt gratitude to the diverse trainers who have been incredibly supportive throughout this journey. Their guidance, encouragement, and expertise have been invaluable in helping me reach this significant milestone. Thankyou :)

Date of experience: 18 December 2024



Level 3 Sports Massage Therapy

The **Level 3 Diploma in Sports Massage Therapy** is a qualification designed to provide individuals with the necessary knowledge and skills to work as a professional sports massage therapist. It is a widely recognised qualification in the field of sports therapy and is particularly suitable for those who wish to specialise in sports-related injuries and rehabilitation. There are no entry requirements for the Level 3 Sports Massage Therapy course.

Learning Options Available for the Level 3 Sports Massage

The Level 3 Sports Massage Therapy course offers 2 learning options

Online Distance Learning

- Qualification time frame: Approximately 8-12 weeks
- Study at your own pace using Diverse Trainers' interactive e-learning platform
- Tutor support available via phone, email, and chat room
- Pre-recorded resources
- One weekend Live webinar for practical training
- Final practical unit completed through video submission for tutor assessment

Face-to-Face Blended Learning

- Qualification time frame: Approximately 8-12 weeks
- Combines flexible online study with in-person practical training
- Access to Diverse Trainers' interactive e-learning platform
- Includes one weekend of practical training and assessment at the nearest venue with a dedicated tutor

FOCUS AWARDS



Course cost (with no hidden fees)

Online: £899

Face-to-Face Blended: £1149

Potential Earnings for a L3 Sports Massage Therapist

£24,000 - £40,000 per year

What Units are covered in the Level 3 Sports Massage Course?

The Level 3 Sports Massage Therapy Course consists of 5 units:

Unit 1 – Anatomy and Physiology for Sports Massage

Unit 2 – Principles of Health and Fitness

Unit 3 – Understand the Principles of Soft Tissue Dysfunction and Injury

Unit 4 – Understand Professional Practice in Sports Massage Treatments

Unit 5 – Understand and Provide Different Sports Massage Treatments

What qualification will you receive upon completion of the course?

Focus Awards Level 3 Diploma in Sports Massage Therapy

UCAS Points: 24

What career prospects are there upon completion of the course?

- Sports Massage Therapist in Clinics or Spas
- Freelance Sports Massage Therapist
- Online Sports Massage Education (Teaching, Courses, Content Creation)
- Corporate Wellness or On-Site Massage Services



Level 3 Sports Massage

I recently completed the Level 3 Sports Massage course, and I couldn't be more satisfied. The course was incredibly comprehensive, covering both the theory and practical aspects of sports massage in a way that was easy to follow and highly informative.

Melanie, our instructor, was outstanding! Her knowledge and passion for the subject really shone through in every session. She made the material accessible for all learning styles and was always available to provide guidance and support. Melanie's hands-on approach helped me build confidence in my skills, and her real-world insights were invaluable.

I would highly recommend this course to anyone wanting to deepen their knowledge and skillset in sports massage. If you have the chance to learn from Melanie, you're in great hands!

Date of experience: 13 October 2024

Level 4 Sports Massage Therapy

On the **Level 4 Sports Massage** course students will learn about the different types of injuries commonly encountered in sports and the specific massage techniques used to alleviate pain, promote recovery, and enhance sports performance. A Level 3 Sports Massage qualification is required before completing the Level 4 Sports Massage course.

Learning Options Available for the Level 4 Sports Massage

The Level 4 Sports Massage Therapy course offers 2 learning options

Online Distance Learning

- Qualification time frame: Approximately 8-12 weeks
- Study at your own pace using Diverse Trainers' interactive e-learning platform
- Tutor support available via phone, email, and chat room
- Pre-recorded resources
- One weekend Live webinar for practical training
- Final practical unit completed through video submission for tutor assessment

Face-to-Face Blended Learning

- Qualification time frame: Approximately 8-12 weeks
- Combines flexible online study with in-person practical training
- Access to Diverse Trainers' interactive e-learning platform
- Includes one weekend of practical training and assessment at the nearest venue with a dedicated tutor

Course cost (with no hidden fees)

Online: £999

Face-to-Face Blended: £1249

Potential Earnings for a L4 Sports Massage Therapist

£35,000 - £65,000 per year

FOCUS AWARDS



What Units are covered in the Level 4 Sports Massage Course?

The Level 4 Sports Massage Therapy Course consists of 3 units:

Unit 1 – Performing Subjective and Objective Assessment.

Unit 2 – Understanding and Provide Sports Massage Techniques.

Unit 3 – Understanding Treatment to Support injury rehabilitation.

What qualification will you receive upon completion of the course?

Focus Awards Level 4 Certificate in Massage Therapy for Sports (RQF)

What career prospects are there upon completion of the course?

- Freelance Sports Massage Therapist
- Sports Massage Therapist for Professional Sports Teams
- Sports Massage Therapist in Physiotherapy or Rehabilitation Clinics
- Massage Therapy for High-Performance Athletes (e.g., Olympic Athletes, Elite Professionals)



Fabulous weekend spent for Level 4...

Fabulous weekend spent for Level 4 Sports Massage at Diverse Trainers. Very informative and was good to have hands on experience. Stephen was a fantastic Tutor and explained everything fully as to what we would be learning and practising. Thank you

Date of experience: 01 June 2024



Level 4 Nutrition

The **Level 4 Nutrition for Weight Management & Improved Athletic Performance** course offers a detailed understanding of the principles, strategies, and techniques required to develop effective nutrition plans for individuals seeking to manage their weight or enhance their athletic performance. There are no entry requirements for this course.

Learning Options Available for the Level 4 Nutrition Course

The Level 4 Nutrition Course offers a flexible online learning option

Online Distance Learning

- Qualification time frame: Approximately 4-6 weeks
- Study at your own pace using Diverse Trainers' interactive e-learning platform
- Tutor support available via phone, email, and chat room

What qualification will you receive upon completion of the course?

Focus Awards Level 4 Certificate in Nutrition for Weight Management and Athletic Performance (RQF)

What are the advantages of completing the Level 4 Nutrition qualification?

- Offer Nutritional Plans to existing clients
- Increased Earning Potential
- Contributes towards professional development
- Greater Impact on Client Health and Wellness
- Improved Client Retention

What Units are covered in the Level 4 Nutrition Course?

The Level 4 Nutrition Course consists of 6 units:

Unit 1 – Systems of the human body

Unit 2 – Human metabolism, the energy balance, and the currency of calories

Unit 3 – Applied nutrition for health

Unit 4 – Fuelling for athletic performance

Unit 5 – Common diets, food labelling, and the effects of marketing

Unit 6 – Understanding Supplemental aids and strategizing nutritional goals for clients

Course cost (with no hidden fees)

Online: £849

Potential Earnings based on x5 Nutrition plans per week

£6,500 per year



Completely outstanding company to do...

Completely outstanding company to do your course through. Tutors are very supportive & nothing is an issue to them to support you. Definitely highly recommend well done Diverse trainers & thank you.

Date of experience: 15 November 2024

FOCUS AWARDS



Level 4 Strength and Conditioning

The **Level 4 Strength & Conditioning** course focuses on providing in-depth understanding and practical skills required to design and implement comprehensive strength and conditioning programs for athletes and clients with specific performance goals. It covers advanced concepts related to exercise physiology, biomechanics, nutrition, and sports psychology. A Level 3 Personal Training qualification is needed prior to completing this course.

Learning Options Available for the Level 4 Strength & Conditioning Course

The Level 4 Strength and Conditioning Course offers a flexible online learning option

Online Distance Learning

- Qualification time frame: Approximately 6-8 weeks
- Study at your own pace using Diverse Trainers' interactive e-learning platform
- Tutor support available via phone, email, and chat room
- Final practical unit completed through video submission for tutor assessment

What career prospects are there upon completion of the course?

- Strength and Conditioning Coach for Professional Sports Teams
- Performance Coach for Elite Athletes
- Online Coaching and Virtual Strength & Conditioning Services
- Athletic Performance Specialist in Sports Science or Rehabilitation Clinics

Course cost (with no hidden fees)

Online: £799

Potential Earnings for a L4 S&C Coach

£30,000 - £60,000 per year

What Units are covered in the Level 4 Strength and Conditioning Course?

The Level 4 Strength and Conditioning Course consists of 3 units:

Unit 1 – Biomechanical, physiological and psychological factors affecting strength and conditioning for sports performance.

Unit 2 – Programming strength and conditioning activities for sports performance

Unit 3 – Delivering strength and conditioning for sports performance, this includes a practical assessment.

What qualification will you receive upon completion of the course?

Focus Awards Level 4 Certificate in Strength and Conditioning (RQF)

FOCUS AWARDS



I cannot ask more.

I am very happy that I choose Diverse Trainers to start my journey towards my new qualifications. I finished L2 and L3 and I am half way to L4 Master Trainer. After L4, I still have Older Adults, Exercise Referral, L4 Strength and Conditioning, and L3 Sports Massage. The tutors answered my questions fast and clear. All the Exams, Assignments and Portfolios were graded fast and fair. I felt appreciated when they had nice words about my submitted documents. Thank you Ellie, Emma, Charisse, Alex, Stephen and of course Harris. I hope our relationship will be as good as it was so far. Thank you all, again.
Daniel Batir

Date of experience: 26 September 2024

Level 3 Exercise Referral

The **Level 3 Exercise Referral** course provides our learners with an in-depth understanding of special populations that may require specialist training and programming. This comprehensive course offers a solid foundational knowledge base, centred on medical conditions and factors that could impact exercise in special population groups. A Level 2 Fitness Instructing qualification is required prior to completing this course.

Learning Options Available for the Level 3 Exercise Referral Course

The Level 3 Exercise Referral Course offers a flexible online learning option
Online Distance Learning

- Qualification time frame: Approximately 6-8 weeks
- Study at your own pace using Diverse Trainers' interactive e-learning platform
- Tutor support available via phone, email, and chat room
- Final practical unit completed through video submission for tutor assessment

What career prospects are there upon completion of the course?

- Exercise Referral Specialist
- Clinical Support Roles in Healthcare
- Group Fitness Instructor for Special Populations
- Personal Trainer with Specialisation
- Corporate Wellness Programs

Course cost (with no hidden fees)

Online: £799

Potential Earnings for someone with a L3 GP Referral qualification

£30,000 - £60,000 per year

What Units are covered in the Level 3 GP Referral Course?

The Level 3 GP Referral Course consists of 6 units:

Unit 1 – Planning exercise referral programmes with patients

Unit 2 – Understanding Medical Conditions for Exercise Referral

Unit 3 – Professional Practice for Exercise Referral Instructors

Unit 4 – Instructing exercise with referred patients

Unit 5 – Anatomy and physiology for exercise and health

Unit 6 – Applying the principles of nutrition to a physical activity programme

What qualification will you receive upon completion of the course?

Focus Awards Level 3 Diploma in Exercise Referral (RQF)

UCAS Points: 24



Level 3 Exercise Referral Qualification

Fantastic company to use for any fitness qualifications. Krissi my tutor was so helpful and encouraging, really knowledgeable, and was always available for any questions. She also got back so quickly with feedback and marking, the turnaround times were brilliant.

I would definitely recommend them to anyone, and will use them again myself for other qualifications.

Thank you! Emma S

Date of experience: 06 June 2024

FOCUS AWARDS



Level 2 Kettlebell Instructor

The **Level 2 Kettlebell Instructor** course will provide learners with the knowledge and practical skills needed to excel in kettlebell training. They will learn the fundamentals of kettlebell exercises, proper form, and safety precautions. Learners will also gain insight into program design, enabling you to create tailored workout routines that cater to the unique needs and goals of their clients. A Level 2 Fitness Instructing qualification is required prior to completing this course.

Learning Options Available for the Level 2 Kettlebell Instructor Course

The Level 2 Kettlebell Instructor Course offers a flexible online learning option

Online Distance Learning

- Qualification time frame: Approximately 2-4 weeks
- Study at your own pace using Diverse Trainers' interactive e-learning platform
- Tutor support available via phone, email, and chat room
- Final practical unit completed through video submission for tutor assessment

What advantages are there upon completion of the course?

- Expanded Skill Set
- Greater Client Engagement
- Enhanced Client Results
- Professional Development

What Units are covered in the Level 2 Kettlebell Instructor Course?

The Level 2 Kettlebell Instructor Course consists of 2 units:

Unit 1 – Planning Kettlebell Training Sessions

Unit 2 – Delivering Kettlebell Training sessions

What qualification will you receive upon completion of the course?

Focus Awards Level 2 Award in Instructing Kettlebell Exercises (RQF)

FOCUS AWARDS



Course cost (with no hidden fees)

Online: £249



I wish I found this course before

I wish I found this course before. Very very helpful and professional tutors and staff. Always keen to give the support and advice, clear instructions without confusion. Thank you so much Diverse Team!

Date of experience: 06 February 2025

Level 3 Delivering Online Coaching

The **Level 3 Delivering Online Coaching** course has been designed to provide you with the knowledge, skills, and ability to deliver online personal training sessions. You can offer one-to-one or group sessions, have daily check-ups, and even post workout ideas via social media all from one place while your clients can be located anywhere across the world. Learners must have a Level 3 Personal Training Qualification prior to completing this course.

Learning Options Available for the Level 3 Delivering Online Coaching Course

The Level 3 Online Coaching Course offers a flexible online learning option
Online Distance Learning

- Qualification time frame: Approximately 2-4 weeks
- Study at your own pace using Diverse Trainers' interactive e-learning platform
- Tutor support available via phone, email, and chat room

What advantages are there upon completion of the course?

- Expansion of Client Base
- Flexibility and Convenience
- Increased Earning Potential
- Improved Client Retention
- Work-Life Balance

What Units are covered in the Level 3 Delivering Online Coaching Course?

The Level 3 Delivering Online Coaching Course consists of 2 units:

- Unit 1 – Understanding the technological sources for online personal training
- Unit 2 – Planning and Delivering Online Personal Training sessions

What qualification will you receive upon completion of the course?

Focus Awards Level 3 Award in Delivering Online Personal Training (RQF)

UCAS Points: 8

FOCUS AWARDS



Course cost (with no hidden fees)

Online: £349



Great support from team at Diverse...

Great support from team at Diverse trainers.
Learned a lot of new information and has improved my overall knowledge

Date of experience: 31 January 2025

Level 3 Award in Understanding Women's Health and the Menopause

The **Level 3 Award in Understanding Women's Health and the Menopause** provides an in-depth understanding of women's health, focusing on the menopause and its impact on physical, emotional, and mental well-being. It is designed to help professionals, support women during this stage of life. This qualification is suitable for those that have completed the Level 3 Personal Training qualification or equivalent.

Learning Options Available for the Level 3 Women's Health & Menopause Course

The Level 3 Reformer Pilates course offers 2 learning options.

Online Distance Learning

- Qualification time frame: Approximately 4–6 weeks
- Study at your own pace using Diverse Trainers' interactive e-learning platform
- Tutor support available via phone, email, and chat room

What qualification will you receive upon completion of the course?

Focus Awards Level 3 Award in Understanding Women's Health and the Menopause

What career prospects are there upon completion of the course?

- Tailor exercise programs that address menopausal symptoms
- Attract a broader client base
- Gain additional revenue from more clients
- Improve professional development

What Units are covered in the Level 3 Women's Health & Menopause Course?

The Level 3 Women's health & Menopause course consists of 6 units:

Unit 1 – Understand the different stages of menopause

Unit 2 – Understand the signs and symptoms associated with menopause

Unit 3 – Understand the treatments available for onset of menopause

Unit 4 – Understand the implications of menopause on women's health

Unit 5 – Understand the role exercise and physical activity has in supporting women in the stages of menopause

Unit 6 – Understand the role of nutrition in supporting women in the stages of menopause

Course cost (with no hidden fees)

Online: £549



5 stars!! Great provider, great support and great learning platform

Great course provider. Great support from the tutors and the general support team. Course was well structured with a user friendly study platform. Will be continuing with my future studies with Diverse Trainers and would recommend them as a first rate provider.

Date of experience: 07 April 2025

Level 3 in Developing Pre & Post Natal Exercise

The **Level 3 in Developing Pre & Post Natal Exercise** course is designed to provide our learners with in-depth knowledge in the benefits of exercise during pregnancy and to enable you to design exercise programmes for you pre & post-natal clients. A Level 3 Personal Training (or equivalent) Qualification is required prior to completing this course.

Learning Options Available for the Level 3 in Developing Pre & Post Natal Exercise Course

The Level 3 Pre & Post Natal course offers a flexible online learning option

Online Distance Learning

- Qualification time frame: Approximately 2-4 weeks
- Study at your own pace using Diverse Trainers' interactive e-learning platform
- Tutor support available via phone, email, and chat room

What advantages are there upon completion of the course?

- Specialisation in a Niche Market
- Increased Client Retention
- Potential for Higher Earnings
- Ability to Support a Variety of Clients
- Holistic Business Growth

What Units are covered in the Level 3 in Developing Pre & Post Natal Course?

The Level 3 Pre & Post Natal Course consists of 2 units:

Unit 1 – Exercise and the pre and post-natal client

Unit 2 – Plan exercise for pre and post-natal clients

What qualification will you receive upon completion of the course?

Focus Awards Level 3 Award in Developing Pre and Post-Natal Exercise sessions (RQF)

UCAS Points: 8

FOCUS AWARDS



Course cost (with no hidden fees)

Online: £499



Smooth process

Smooth process, answered my questions and gave me support throughout. No issues!

Date of experience: 21 January 2025



Personal Training Packages

Empower Clients with Cutting-Edge Training, Achieve Remarkable Success through Skill Development, and Fuel CPD Advancement with Diverse Trainers.

Essentials Package

- ✓ Level 3 Diploma In Gym Instructing & Personal Training
- ✓ Level 4 Nutrition for Weight Management & Athletic Performance

Elite Package

- ✓ Level 3 Diploma In Gym Instructing & Personal Training
- ✓ Level 3 Diploma Exercise Referral Course
- ✓ Level 4 Nutrition for Weight Management & Athletic Performance
- ✓ Level 4 Strength and Conditioning

Ultimate Package

- ✓ Level 3 Diploma In Gym Instructing & Personal Training
- ✓ Level 3 Diploma Exercise Referral Course
- ✓ Level 3 Sports Massage
- ✓ Level 3 Delivering Online Coaching
- ✓ Level 4 Strength and Conditioning
- ✓ Level 4 Nutrition for Weight Management and Athletic Performance



Specialised Packages

Enhance your expertise with specialised training and empower your clients with customised programs upon completing these exclusive packages.

Sports Massage Package

- ✓ Level 3 Diploma in Sports Massage Therapy
- ✓ Level 4 Certificate in Massage Therapy

Pilates Package

- ✓ Level 3 Diploma In Delivering Mat Pilates Sessions
- ✓ Level 3 Reformer Pilates
- ✓ Level 3 in Developing Pre & Post Natal Exercise sessions
- ✓ Level 3 Award in Understanding Women's Health and the Menopause

CPDs

Continued Professional Development

Diverse Trainers is committed to enhancing our learners careers and supporting them as they take the necessary steps to continue their professional development.

Many of the courses relevant to continued professional development can be completed in as little as 4 weeks, with support available from our learning mentors throughout your qualification.

Level 3 In Developing Exercise Sessions For Older Adults

The **Level 3 In Developing Exercises Sessions for Older Adults** course aims to develop students' knowledge in understanding the older adult population, associated medical conditions, and physical activity considerations.

Level 3 In Developing Pre & Post-Natal Exercise Sessions

The **Level 3 In Developing Pre & Post-Natal Exercise Sessions** course will help students gain the expertise and knowledge to allow you to create effective pre and post natal exercise plans.

Level 2 in Delivering Circuit

The **Level 2 in Delivering Circuit Sessions** course equips students with the skills and knowledge to deliver, execute, and plan tailored circuit training session for your clients.

Level 2 Suspension Training

The **Level 2 Suspension Training** Course will teach students about the history, benefits and components of suspension training alongside how to execute various different exercises so they can design a tailored plan for your clients.

Level 2 Kettlebell Instructor

The **Level 2 Kettlebell Instructor** Course is designed to equip students with the skills and knowledge to deliver, execute, and plan tailored Kettlebell session for their clients.

Level 2 Studio Cycling

The **Level 2 Studio Cycling** Course will allow students to be able to prepare, instruct, demonstrate, and evaluate a studio cycling session.

Level 3 Delivering Online Coaching

The **Level 3 Delivering Online Coaching** course is aimed at students who already possess a level 3 personal training qualification and are looking to have a full understanding of how online personal training works with a view to taking their personal training business online.

Your Learning Journey, Your Way



Online Distance Learning

- Flexibility: Learn at your own pace and on your own schedule.
- Convenience: Study from anywhere with an internet connection.
- Cost-effective: More affordable for you
- Live online tuition: Lessons online with our expert tutors
- Complete Support: Tutor support throughout your course
- Career Guidance: Post graduation careers available



Blended Learning Option

- Interactive Learning: direct interaction with instructors and fellow students.
- Practical Experience: Practice techniques, and coaching skills guided by expert tutors.
- Immediate Support: Instant support with any questions and understanding.
- Immediate Feedback: correct any errors and refining your skills there and then.
- Motivation and Accountability: The environment will inspire and encourage learning.
- Networking Opportunities: Meet with likeminded individuals with the same aspirations.



Fast Track Intensive Learning

- Time Efficient: Complete the qualification quick and enter the fitness industry promptly.
- Intensive Learning Experience: Instant support and guidance with coursework and practical training.
- Dedicated Support: With their expertise and experience you have access to dedicated tutors who can give personal guidance and support.
- Immediate Feedback: Correct any errors and refining your skills there and then.
- Motivation and Accountability: The environment will inspire and encourage learning.
- Networking Opportunities: Meet with likeminded individuals with the same aspirations.



Join our community of motivated learners

Invest in your Future with our Flexible Payment Plans.

Paypal pay later

Spread the cost of your purchase into 3 or 4 interest-free installments. The first payment is made at the point of purchase, with the remaining installments scheduled automatically every 30 days.

Clearpay

Pay in 4 interest-free installments over 6 weeks, the first payment will be made on the first point of purchase.

0% Finance with Omni Capital

Spread the course cost over 6, 9, 12, or 18-monthly payments, this is paid by direct debit and all finance options can be approved in less than 30 seconds.



ELCAS Funding

ELCAS stands for Enhanced Learning Credits Administration Services, a UK government scheme that provides financial support for members of the British Armed Forces and veterans. If you are eligible for the funding, you can purchase courses from Diverse Trainers through ELCAS.



Ready to
take the
first step?



Don't just take our word for it, listen to what our graduates say



5 star performance and team in your fitness learning journey

I originally signed up for the remote learning option. Diverse trainers were brilliant, lots of on line support, great materials and very informative and open webinars with Harris. As the course progressed i was struggling to complete the practical for level 2 initially (Time, location, etc) so i signed up for The practical Weekend at Leeds with Mel. Wow this was the best move, great support and encouragement from Mel, brilliant to work with other like minded individuals. Having passed Level 2 i had no reservations of signing on to the level 3 practical this time in Preston again with Mel. As they say eat sleep repeat, another great experience. All in all Diverse trainers were there every step of the way always accommodating learning styles offering fantastic swift support backed up with great tutors and materials. 5 star performance from start to finish, Highly recommended.

Date of experience: 24 October 2024



Diverse Trainers

diversetrainers.co.uk



TrustScore 4.7 | 425 reviews

Preston, United Kingdom



Great company and brilliant course

I very much enjoyed my level 2 ETM qualification with diverse trainers. The course material was well presented and informative, Krissy's online classes were extremely helpful and everyone I was in contact with, especially Ellie from the office, was lovely. I can recommend diverse trainers whole heartedly. Many thanks!

Date of experience: 27 September 2024



Level 2 and Level 3 personnel training qualification sorted!

I have just achieved my level 2 and Level 3 personal training diploma with diverse trainers.

They were so helpful and so supportive and really help me to achieve my qualification. I really do highly recommend this training company!

Date of experience: 12 September 2024



I have recently done the level 2 indoor...

I have recently done the level 2 indoor cycling qualification and found the course informative, easy to follow and brilliant. The tutor Harris understood that I was in an urgent need to turn this around as soon as possible. Everyone on the team were extremely helpful and am so happy that I did this course. Whilst it was online I felt heard and support the whole way. I would recommend this course to anyone and if you really are passionate about spinning and exercise diverse training are amazing.. thank you everyone and a big shout out to Harris and the lovely Charisse for really really helping me getting this over the line and providing all the things I needed. They have been amazing. Even when I was slightly annoying. They really went above and beyond. Thank you again - 10/10!

Date of experience: 25 October 2024

Different Careers in the **Fitness** **Industry**

There are several different career paths you can pursue within the fitness industry. Here are some popular options:

Personal Trainer:

As a personal trainer, you work with clients one-on-one to create personalized fitness plans, provide instruction on exercises, and offer guidance on nutrition and lifestyle choices.

Group Fitness Instructor:

Group fitness instructors lead classes in various exercise formats, such as aerobics, dance, yoga, or cycling. They provide motivation, demonstrate proper form, and create a fun and engaging environment for participants.

Fitness Manager:

As a fitness manager, you are responsible for overseeing the operations of a fitness facility. You may handle staff management, schedule coordination, program development, and ensure the facility runs smoothly.

Strength and Conditioning Coach:

As a strength and conditioning coach you can work with athletes or just general clients to improve their performance through strength training, conditioning exercises, and sport-specific training programs. You may work in sports teams, gyms, or private training facilities.

Wellness Coach:

Wellness coaches focus on overall well-being, helping individuals set and achieve health-related goals, manage stress, and make positive lifestyle changes. They may offer guidance on nutrition, exercise, mindfulness, and stress reduction techniques.

Sports Nutritionist:

Sports nutritionists provide advice and guidance on nutrition plans tailored to athletes and active individuals. They help optimise performance, aid in recovery, and ensure individuals meet their nutritional needs for training and competition.

Corporate Wellness Coordinator:

In this role, you work with companies to develop and implement wellness programs for their employees. You may organise fitness challenges, health screenings, educational workshops, and promote a healthy workplace culture.

Fitness Writer/Blogger:

If you have a passion for fitness and writing, you can pursue a career as a fitness writer or blogger. You can create content for magazines, websites, or your own blog, covering topics such as exercise, nutrition, workout routines, and fitness tips.

Fitness Equipment Sales Representative:

As a sales representative, you can work for fitness equipment manufacturers or distributors, promoting and selling exercise equipment to gyms, health clubs, and individuals.

Gym Manager:

As a gym manager, you oversee the day-to-day operations of a fitness facility. This includes managing staff, handling memberships, ensuring equipment maintenance, and creating a welcoming environment for members.

Rehabilitation Specialist:

Rehabilitation specialists, such as physical therapists or occupational therapists, work with individuals who have suffered injuries or have physical limitations. They design exercise programs and therapies to help clients regain strength, mobility, and function.

Fitness Event Coordinator:

Event coordinators in the fitness industry organise and manage fitness-related events such as marathons, triathlons, charity walks, or fitness expos. They handle logistics, participant registration, sponsorships, and overall event coordination.

Wellness Retreat Facilitator:

Wellness retreats provide individuals with an opportunity to rejuvenate and focus on their health and well-being. As a retreat facilitator, you organise and lead retreats, arrange activities like yoga, meditation, and outdoor adventures, and ensure participants have a fulfilling and transformative experience.

Online Fitness Coach:

Wellness retreats provide individuals with an opportunity to rejuvenate and focus on their health and well-being. As a retreat facilitator, you organise and lead retreats, arrange activities like yoga, meditation, and outdoor adventures, and ensure participants have a fulfilling and transformative experience.



Your Questions Answered

? Why should I choose Diverse Trainers?

Diverse Trainers is a fitness training company that aims to promote inclusivity and diversity within the fitness industry. They provide fitness training courses and qualifications to individuals from various backgrounds and communities.

? What types of fitness training courses do Diverse Trainers offer?

Diverse Trainers offers a wide range of fitness training courses, including personal training, gym instructing, exercise to music, sports massage, and nutrition courses. These courses are designed to equip individuals with the necessary skills and knowledge to pursue a career in the fitness industry.

? Are Diverse Trainers courses accredited with REP's and CIMSPA?

All the courses offered by Diverse Trainers are accredited with REPs and CIMSPA in the fitness industry. This ensures that the qualifications you obtain are nationally and internationally recognised.

? Are there any prerequisites for enrolling in the Diverse Trainers courses?

The prerequisites for each course may vary. Some courses may require a certain level of fitness or prior knowledge, while others may have no specific prerequisites. It's best to check the course details or contact Diverse Trainers directly for specific requirements.

? How long do the courses offered by Diverse Trainers usually take to complete?

The duration of the courses can vary depending on the type of course and the learning option you choose. Some courses may be completed within a couple of weeks, while others may take several months. The course duration is typically mentioned in the course details provided.

? Can I study with Diverse Trainers online?

Diverse Trainers offers online learning options for many of their courses. This allows individuals to study at their own pace and from the comfort of their own homes. However, some practical components of certain courses may require in-person attendance.

Let Diverse Trainers develop your staff

NHS

"We wholeheartedly recommend Diverse Trainers as a training provider for anyone seeking to enhance their knowledge and skill in the fitness industry. Their professionalism and their support for our staff sets them apart. The NHS is grateful for the invaluable contribution Diverse Trainers has made to our staff's knowledge and skills in this area, which ultimately benefits the health and well-being of the individuals we serve."

Simon Fleming - Welsh Union Learning Fund
of the Fire Brigades Union

"I would like to express my utmost satisfaction with the services provided by Diverse Trainers. Over the past year, we have purchased over 50 level 2 gym instructor qualifications from them, and our experience has been exceptional."

Sweaty Mamas

"We want to extend our sincerest gratitude to Diverse Trainers for their exceptional training services. As a fitness company dedicated to empowering moms through exercise, we have had the pleasure of collaborating with Diverse Trainers on numerous occasions to qualify our trainers in Level 2 Exercise to Music & Level 3 in Pre & Post Natal qualifications."

Let Diverse Trainers Develop your staff





Contact **Diverse** **Trainers** today

Receive industry-leading fitness education.
Speak to one of our team of experts to
choose the right course and journey for you.

Email: Info@diversetrainers.co.uk
Website: www.diversetrainers.co.uk

Head office
Phone: 01772 910 930

