



Webinar structure & key dates

- Webinars are British time (GMT +0)
- Please ensure you are able to attend the live zoom webinars
- Each webinar will last around 2 hours
- If you are unable to attend a live zoom webinar - recordings will be on the platform for you to catch-up
- If you have any queries, contact Lead Tutor / Assessor Tom Williams - tom@summitfitnessolutions.com

Level 2 Certificate in Planning & Delivering Gym-based Exercise (RQF)

Welcome Webinar (Course specific / Assessment information)	Monday 26th April 2021 (18:00 - 20:00)
Webinar 1 - Anatomy & physiology for the fitness instructor	Wednesday 28th April 2021 (10:00 - 12:12:30)
Webinar 2 - Basic planning, instructing and delivery skills	Thursday 29th April 2021 (10:00 - 12:12:30)
Webinar 3 - Methods of training	Wednesday 5th May 2021 (10:00 - 12:12:30)
Webinar 4 - Communication & soft skills	Wednesday 12th May 2021 (10:00 - 12:12:30)
Webinar 5 - Introduction to Level 3 Personal Training	Wednesday 19th May 2021 (10:00 - 12:12:30)
Level 2 - Submissions deadline (Assignments / LAP / Practicals)	Friday 21st May 2021 (17:00)

Level 3 Diploma Practitioner in Personal Training (RQF)

Webinar 6 - Programme design	Wednesday 26th May 2021 (10:00 - 12:12:30)
Webinar 7 - Programme delivery	Thursday 27th May 2021 (10:00 - 12:12:30)
Webinar 8 - Applied Anatomy & physiology	Wednesday 2nd June 2021 (10:00 - 12:12:30)
Webinar 9 - Principles of nutrition	Thursday 3rd June 2021 (10:00 - 12:12:30)
Webinar 10 - Communication & soft skills	Wednesday 9th June 2021 (10:00 - 12:12:30)
Webinar 11 - Business development	Wednesday 16th June 2021 (10:00 - 12:12:30)
Level 3 - Submissions deadline (Assignments / LAP / Practical(s))	Friday 2nd July 2021 (17:00)

Business Development / 1-1 PT Mentorship

- Zoom call 1 - Target Market
- Zoom call 2 - Client Journey Map
- Zoom call 3 - Sales & Marketing
- Zoom call 4 - Budget & Cash flow



Organised around your schedule

On-going support

As required