



INTERNATIONAL CERTIFIED PERSONAL TRAINER (ICPT)

MQF/EQF Level 3 and Level 4 Awards in Fitness Instructing and Personal Training

Course Summary:

The **International Certified Personal Trainer (ICPT)** course combines the Level 3 and Level 4 Awards in Fitness Instructing and Personal Training with the globally recognised Advanced Fitness Nutrition Coach qualification, preparing you for a successful career in the health and fitness industry.

Course Levels & Progression:

- **Level 3 Award in Fitness Instructing:** Builds foundational skills to plan, deliver and supervise safe exercise in gym and health club environments.
- **Level 4 Award in Personal Training:** Advances your skills in client assessment, personalised programming, professional consultation and exercise instruction, qualifying you as a Personal Trainer.
- **Advanced Fitness Nutrition coach :** The Advanced Fitness Nutrition Coaching qualification provides learners with the knowledge and skills to support clients with weight management and performance goals, delivering evidence-based healthy nutrition guidance within scope of practice.

Accreditation & Recognition:

- Europe Active
- European Register of Exercise Professionals (EREPS)
- REPs Malta part of ICREPs
- MFHEA

Entry Requirements:

- **Minimum age:** Typically 18 years old (entry-level options also available for learners 16+ without prior qualifications).
- **Recommended but not essential:** experience with gym-based exercise and free weights.
- Must be fit enough to participate in practical sessions. Tutors tailor learning for individual needs.

Study Methods & Delivery:

- **Blended learning:** Online study through an interactive eLearning portal.
- **Workshop days:** Practical, hands-on workshop sessions focused on real-world application. *(Every other Saturdays Only)*
- Tutor guidance and support throughout your learning journey.
- Materials include worksheets, case studies, mock tests and an exercise library for ongoing skill development.

Assessment Methods:

Learners are evaluated through a mix of:

- Practical assessments during workshop days.
- Theory exams and quizzes administered through the online portal.
- Assignments and case studies designed to apply learning to real-world scenarios.

Duration & Commitment:

- *The ICPT combines both Level 3 and Level 4 study and includes practical workshops plus online components, usually totaling 400+ hours of learning.*
- *Exact study time varies depending on your pace and workshop attendance schedule.*
- *Most learners complete the ICPT within 6–8 months; however, all learners have up to 365 days to complete their qualification.*

Career Pathways:

After completing the ICPT course, you're qualified to work as:

- ✓ Gym/Fitness Instructor
- ✓ Certified Personal Trainer
- ✓ Freelance or Online Personal Trainer
- ✓ Fitness Consultant or Coach

You'll also be eligible to register with professional bodies such as EREPS and REPs UAE, CIMSPA which can support employment and insurance eligibility.

Fees & Payment Options:

The total course fee is €2,500, payable in five instalments of €500. A €500 payment is required upon registration, with the remaining balance payable in instalments throughout the course period. All fees must be paid in full prior to certification, and certificates will only be issued once full payment has been received.

FAE ICPT – Only € 2500

- ✓ Fitness Assistant (Level 2)
- ✓ Fitness Instructor (Level 3)
- ✓ Personal Trainer (Level 4)
- ✓ Advanced Fitness Nutrition Coach
- ✓ FREE CPDs
- ✓ EREPS Registration

Support & Resources

As a learner you receive:

- Expert tutor support
- Access to a comprehensive online learning platform
- Detailed study resources and interactive tools
- Practical workshops to build real-world confidence

Progression Opportunities

Upon completion, you can further advance your career with specialised certifications such as:

- Exercise Referral
- Sports Massage
- Strength & Conditioning
- Nutrition and Weight Management
- Other Level 4 and Level 5 specialist qualifications

Next Steps – How to Get Started

- **Enrol on the ICPT Programme**

Register online to secure your place on the Level 3 and Level 4 Award in Fitness Instructing and Personal Training with Advanced Fitness Nutrition Coach.

- **Complete Your Registration & Payment**

Finalise your enrolment by completing the registration form and confirming payment or an available instalment plan.

- **Get Immediate Access to eLearning**

Receive instant access to the online learning platform, including all course materials and resources.

- **Start Your Online Studies**

Begin studying at your own pace with structured modules, learning activities, and tutor support.

- **Plan Your Practical Workshops**

Schedule and attend face-to-face practical workshops and assessments at approved locations.

- **Qualify & Launch Your Career**

Complete assessments, achieve your certifications, and start working as a fitness professional.



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The ICPT course comprises 7 core modules and 2 bonus modules, each featuring a variety of assessments, as detailed below:




Course Structure

Learning sections


Assessments/texts




Module 1:
Fitness Assistant

-  Skeleton and muscles
-  Cardiorespiratory, nutrition, and energy
-  Active healthy living
-  Components of active healthy living
-  Health and safety
-  Customer service







-  12 question online quiz (24 mins)
-  12 question online quiz (24 mins)
-  12 question online quiz (24 mins)



Module 2:
Anatomy & Physiology for Health and Fitness (APHF1110)

-  Skeletal anatomy
-  Joints and connective tissue
-  Joint movement and function
-  Skeletal muscle anatomy
-  Muscle actions
-  Exercise and muscle function
-  Respiratory physiology
-  Cardiovascular physiology
-  Cellular energy systems for exercise
-  Nervous physiology & immunity
-  Endocrine physiology
-  Thermoregulation

-  9 online quizzes
-  2 written worksheets
-  1 software application

Module 3:
Fitness Instructor (FIT1106)

-  Role of the fitness instructor
-  Health and safety of physical facilities
-  Health and safety of participants
-  Fitness induction
-  Motivation and instruction
-  Essential instruction skills

-  4 online quizzes
-  practical assessment


















Course Structure

Learning sections

Assessments/texts



Module 4:
Nutrition for Health and Fitness (NHF1208)

-  Introduction to nutrition
-  Digestion
-  Carbohydrates
-  Fats
-  Proteins
-  Vitamins
-  Minerals
-  Fluid balance and hydration
-  Diet for endurance exercise
-  Diet for high intensity exercise
-  Diet for muscular development
-  Diet for body fat reduction

-  8 online quizzes
-  1 written nutrition client case study
-  1 software application

Module 5:
Business skills for Personal Training (BSPT1210)

-  Personal Training: A customer oriented business
-  Personal Training: Key principles for delivery
-  Introduction to the business of personal training
-  Personal training business models
-  Personal training products and services
-  Personal training business branding
-  Business planning
-  Business marketing
-  Selling personal training
-  PT business documentation

-  6 online quizzes
-  1 written nutrition client case study








Course Structure

Learning sections

Assessments/texts

Module 6:
Consultation,
Testing and
Programme Design
(CTPD1312)









-  Fitness internship (15 hours)
-  Components and variables of fitness
-  Communication skills for consultation
-  Collecting information part A
-  Collecting information part B
-  Cardiovascular fitness assessment
-  Strength and endurance assessment
-  Balance and agility assessment
-  Introduction to programme design
-  Cardiovascular programme planning
-  Long term planning: Resistance training
-  Acute training variables
-  Short term planning: Resistance training
-  Monitoring and adapting a plan



-  6 online quizzes
-  1 written worksheet
-  3 written programme plans
-  Fitness internship record
-  Basic exercise guidance

Basic Exercise Guidance documents:

- CV machine exercises
- Joint mobilisation exercises
- Resistance machines exercises
- Key barbell exercises (squat, deadlift, bench press)
- Basic core exercises
- Static stretching exercises

Module 7:
Exercise Instruction
for Personal Training
(EIPT1408)

-  Fitness Internship (25 hours)
-  Instructional skills
-  Preparing for a personal training session
-  Advanced training methods
-  Exercise safety and spotting
-  Delivering a personal training session
-  Concluding a personal training session
-  Supportive technology for PT

-  2 online quizzes
-  practical assessments

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- Joint mobilisation exercises
- Resistance machines exercises
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- Static stretching exercises



