



Qualifications currently available from VTCT in the health and fitness sector are:

- Level 2 Certificate in Fitness Instructing (Gym)**
- Level 2 Certificate in Fitness Instructing (Exercise to Music)**
- Level 3 Certificate in Advanced Fitness Instructing (Gym)**

Qualifications currently being developed for launch in 2007/2008 are:

- Level 3 Certificate in Personal Training**
- Entry Level 3 Skills for Working Life (Health and Fitness)**
- Level 1 Certificate in Health and Fitness (working title)**
- Level 2 Certificate in Active Workplaces and Communities (working title)**
- Level 2 Certificate in Nutrition for Healthy Living**
- Level 3 Certificate in Nutrition and Weight Management**



Health and fitness is only one sector in which VTCT offers qualifications. Beauty therapy, nail services, holistic therapy, hairdressing, and sports therapy are all covered in our continually expanding range. These are all backed up by related qualifications enabling candidates to work confidently in their chosen field. Related qualifications include:

Level 3 Diploma in Health, Safety, Security and Employment Standards

Level 3 Diploma in Anatomy and Physiology

Level 2 Certificate in Emergency First Aid

Level 3 Diploma in Non-Medical Nutritional Advice

There are many others currently available or in development for the future, details of which can be found by going to our Web site at www.vtct.org.uk.

So if you fancy a career as a fitness instructor, or perhaps as a personal trainer, remember...

“...the future’s in your hands”

People are becoming increasingly aware of the benefits of a healthy and active lifestyle. VTCT has launched a suite of health and fitness qualifications that are designed to enable professionals to take the lead in instructing activity and exercise programmes.

VTCT is a specialist awarding body best known for offering qualifications in the fields of beauty therapy, holistics and hairdressing. With 45 years in these sectors, the quality of support offered to candidates and tutors is assured. All accredited qualifications are mapped against national occupational standards, making them relevant to industry and the best way for launching your career. They are assessed and verified in a realistic working environment, allowing candidates to progress at their own pace. They are delivered at over 500 colleges of further education and other training organisations throughout the United Kingdom, with an increasing number of international centres now offering the qualifications worldwide. All new health and fitness qualifications will give entry to the Register of Exercise Professionals (REPs).

VTCT WORLD CLASS QUALIFICATIONS

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VTCT HEALTH&FITNESS WORLD CLASS QUALIFICATIONS