



PERSONAL TRAINING DIPLOMA

*(International Qualification &
REPS UAE Recognised)*



HELLO !

Welcome to .body//HACK: Fitness Education. We extend our heartfelt gratitude for your interest in our Personal Training Diploma Certification program. Your dedication and enthusiasm for pursuing a career in Personal Training are truly commendable, and we believe that our comprehensive program will provide you with the knowledge and skills needed to excel in this dynamic field.

The fitness industry has an incredible power to transform lives, and being a part of it is truly exhilarating. As a Trainer, the opportunity to witness and contribute to life-changing transformations is both inspiring and exciting, fostering a sense of fulfillment and a shared passion for helping others unlock their full potential.

*Heba Abdel Gawad
Co-founder*

ABOUT US



Who we are:

Our Award-winning team boasts a combined experience of more than 50 years! We are former Olympians, accomplished strength and conditioning coaches, distinguished coaches, and specialized health and fitness experts.

Our master trainers consistently surpass the conventional curriculum, prioritizing your growth as a student and ensuring an exceptional learning experience.

They will equip you with a comprehensive set of skills and knowledge required to thrive in the health and fitness industry, and their support extends well beyond your graduation.

Why Choose us?

What sets us apart at .body//HACK: is our genuine care for our students, both during their time with us and long after they graduate. We are truly fortunate to have a remarkable team that has been carefully selected based on their expertise, personalities, professionalism, character, and ability to teach in a way that ensures every student feels nurtured and supported. With backgrounds in both sports science and neuroscience, we approach all our courses with a neurocentric perspective.

When you enroll in a course with us, it's more than just a certification you receive. We consider you a valued member of the Bodyhack family for life.

THE PERSONAL TRAINING DIPLOMA STRUCTURE

This diploma is run through Active IQ, an awarding body based in the United Kingdom and is the largest in Europe.

It grants entry to international exercise registers such as REPS UK, IC-REPS, E-REPS, and REPS UAE.

The Diploma consists of Three units:

- 1. Anatomy and Physiology:** Available as an online pre-recorded course or in-person sessions in Dubai three times a year.
- 2. Gym Instructor Level 2:** Online pre-recorded lecture videos + Face to Face days in the Gym.
- 3. Personal Trainer Level 3:** Online pre-recorded lecture videos + Face to Face days in the Gym.

Note: The units must be taken in the specified order.

The theoretical content of the diploma is delivered through pre-recorded lecture videos, allowing flexibility in watching them at your own pace.

The practical component is conducted face-to-face in Dubai, Abu Dhabi, Oman, and Egypt. On average, the full diploma takes 4 months to complete but it depends on how quickly you get through the online content and assignments.

The Curriculum

Course	What covers in the course?
Anatomy & Physiology	<ul style="list-style-type: none">• The Musculoskeletal system• Posture, Core stability and stretching• The Nervous system• The Endocrine system• The Cardiovascular system• Energy systems
Level 2 Gym Instructor course	<ul style="list-style-type: none">• Know how to support clients who take part in exercise and physical activity• Health, safety and welfare in a fitness environment• Principles of exercise, fitness and health• Planning gym-based exercise• Instructing gym-based exercise <p>Webinars booked on request : <i>(recordings available)</i></p> <ul style="list-style-type: none">• Anatomy & Physiology• Exercise Theory Level 2.• Level 2 Portfolio. <p>3 face to face Practical sessions in the gym plus a live assessment day.</p>
Level 3 Personal Training course	<ul style="list-style-type: none">• Applying the principles of nutrition to a physical activity programme• Programming personal training with clients• Delivering personal training sessions• Business for Fitness Professionals <p>Webinars booked on request : <i>(recordings available)</i></p> <ul style="list-style-type: none">• Level 3 Programming.• Level 3 Nutrition.• Level 3 Portfolio. <p>4 face to face Practical sessions in the gym plus a live assessment day.</p>
BONUS COMPLIMENTARY WEBINAR RECORDING: Running a successful PT Business	<ul style="list-style-type: none">• How to run a successful PT Business.

EXAMS

THREE MULTIPLE-CHOICE ONLINE EXAMS FOR THEORY

(SCHEDULED REGULARLY).

TWO PRACTICAL EXAMS SCHEDULED AFTER THE FACE-TO-FACE LEARNING DAYS IN THE GYM.

COMPLETION OF A PORTFOLIO OF WORKSHEETS AND ASSIGNMENTS

(ALTHOUGH THEY MAY BE EXTENSIVE, THEY PROVIDE VALUABLE LEARNING OPPORTUNITIES).

WHAT YOU WILL GET

01

ACCESS TO OUR ONLINE PLATFORM OF OVER 200 LECTURE VIDEOS, PDFS OF MANUALS AND ALL ASSIGNMENTS.
(AVAILABLE IN ENGLISH AND IN ARABIC).

02

EIGHT FULL FACE TO FACE DAYS IN THE GYM WITH OUR TUTORS. THESE RUN ON WEEKENDS OR WEEKDAYS FROM 9AM-4PM AND ARE OFFERED REGULARLY.
(IN DUBAI, ABU DHABI, OMAN AND EGYPT)

03

ONGOING STUDENT SUPPORT: YOU WILL BE ADDED TO DIFFERENT WHATSAPP GROUPS WHERE YOU CAN ASK THE TUTORS ANY QUESTIONS YOU HAVE ON THE GO. YOU CAN ALSO BOOK FREE WEBINARS WITH THE TUTORS IF YOU WANT SOMETHING TO BE RE-EXPLAINED IN MORE DETAIL.

04

THE OPTION TO REPEAT EXAMS AT NO EXTRA CHARGE

05

UPON GRADUATION YOU WILL BE ABLE TO JOIN OUR CLOSED GRADUATE FACEBOOK PAGE, WITH EXCLUSIVE ACCESS TO JOB LISTINGS. WHILE IT IS IMPORTANT TO NOTE THAT WE CANNOT GUARANTEE JOB PLACEMENTS, WE MAINTAIN VALUABLE CONNECTIONS WITH VARIOUS GYMS.

06

YOU RECEIVE A GRADUATE DISCOUNT ON ALL CONTINUING EDUCATION COURSES WITH US (15% OFF FOR FACE TO FACE COURSES AND 10% OFF FOR ONLINE COURSES)

07

YOU CAN RE-ATTEND ALL COURSES FOR FREE FOR LIFE!

YOUR INVESTMENT

The cost of the full Diploma
which consists of 3 courses is:

AED 7,095 INCL. VAT

(if you pay as single payment)

INSTALLMENT OPTIONS:

3 X PAYMENTS OF AED 2,465

4 X PAYMENTS OF AED 1,850

Next Steps

Call us today to discuss your aspirations, qualifications, and potential opportunities in more detail! This conversation will allow us to understand your goals better and offer tailored advice to help you make informed decisions about your career path. Alternatively, if you have any questions or concerns, please feel free to reply to us by email, and we will address them promptly.

We look forward to connecting with you soon and assisting you in navigating the exciting possibilities within the fitness industry.



BOOK NOW

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www.bodyhack.co