



OWNIT FITNESS ACADEMY



Price Guide 2023/24



ABOUT US

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Our Why!

Welcome to OWNIT Academy, your premier destination for high-quality fitness industry qualifications and exceptional teaching and delivery. Our mission is to empower you with the skills and confidence to excel in their fitness careers.

What makes us unique?

With years of experience in the industry, we recognised the need for better educational options in terms of teaching standards and course delivery. At OWNIT Academy, we pride ourselves on offering courses taught by experienced educators, ensuring top-notch learning experiences and comprehensive support for our students.

Our team comprises not only qualified teachers but also industry experts with extensive backgrounds in personal training and sports. From working with the general population to elite-level athletes, we bring a wealth of practical knowledge that we pass on to our students, enabling them to become competent coaches and educators who prioritize proper technique and form.

Why Choose us?

Unlike some providers, we maintain strict standards and do not rush the certification process. We are dedicated to your success and will only certify you when you and our team are fully confident in your abilities. Throughout your journey, we offer unwavering support, guiding you towards becoming an elite professional in the field.

Choose OWNIT Academy for a comprehensive and enriching learning experience that sets you apart in the fitness industry. Empower yourself with the skills, knowledge, and confidence to succeed. Join us today and take the first step towards a rewarding fitness career





COURSE LOCATIONS

The practical workshop element of our courses are held in the following locations

Lings Forum
Weston Favell Centre
Billing Brook Road
Northampton
NN3 8JR

Cripps Recreational
Northampton Hospital
Cliftonville
Northampton
NN1 5BD

The facilities will provide our learners with access to the latest equipment and fitness accessories whilst providing excellent links with the largest leisure centre group in the area.



ABOUT THIS COURSE

Our internationally recognised gym instructor qualification will set you up for a rewarding career in the fitness industry. This qualification allows you to work as a gym instructor in and health and well-being facility both nationally and internationally.

On completion of this course, you will have the prerequisites to continue on to become a full level 3 personal trainer setting you on your own path. Or you may chose to start a rewarding career working as a gym instructor.

Our level 2 gym instructor course is taught by industry experts with years of high level teaching experience. With dynamic and engaging learning materials, you will be feeling ready to #ownit and leave your mark on the industry.

What is included? (Not limited too)

Level 2 Anatomy and Physiology

- The Skeletal System
- The Cardiorespiratory Systems
- The Nervous System
- The Energy Systems

Principles of fitness training

Develop your understanding of how to plan effective warm ups, cool downs. You will also learn to construct an exercise session using resistance, cardiovascular and body weight exercises.

Planning and Teaching Gym Based Exercise

Here you will build upon the principles developed from prvious units and learn to apply these to specific excercise programmes for a range of goals and outcomes.

How is it taught?

This is a blended learning course. This means that some parts of the course are completed in your own time using our online lecture materials and high quality workbooks which will teach you all you need to know to pass your theory exams. This allows you to fit the course around your time and commitments and take it as fast or slow as you wish. Live webinars are held fortnightly for extra revision help whilst your tutor can help you via phone or email.

You will then attend 2 full days of face to face learning in our teaching gym. These days are focused on the practical elements of the course where you will learn everything you need to know to complete your practical assessment.

Prices for this course

Full payment
(Includes 5% full pay discount)

£546



Pay with installments
(See page 6 for details)

£575



ABOUT THIS COURSE

Our internationally recognised personal training certificate will set you up for a rewarding career in the fitness industry. This qualification allows you to work as a personal trainer in any health and well-being facility both nationally and internationally or as a self employed trainer.

On completion of this course, you will have the prerequisites to continue on to additional level 3 continued professional development courses or move on to a level 4 course such as Strength and Conditioning.

Our level 3 personal training course is taught by industry experts with years of high level teaching experience.

Entry Requirement: Level 2 Gym Instructor Qualification

What is included? (Not limited too)

| Level 3 Anatomy and Physiology | Principles of Nutrition | Planning and delivering PT sessions | The PT Business |
|--|--|---|---|
| <ul style="list-style-type: none"> The Musculoskeletal System The Cardiorespiratory Systems The Nervous and Endocrine Systems The Energy Systems Mobility, Posture and Core Stability | <ul style="list-style-type: none"> The Digestive System Macro and Micro Nutrients Eating Disorders Principles of Nutritional Programming | <p>You will learn to plan, deliver and review effective personal training sessions, screen and goal set for clients, measure and monitor progress and plan advanced & progressive CV and resistance training. You will also develop your teaching and coaching skills .</p> | <p>The final module on this course will consider marketing strategies, lead generation, running a business day to day and how to manage finances.</p> |

How is it taught?

This is a blended learning course*. This means that some parts of the course are completed in your own time using our online lecture materials and high quality workbooks which will teach you all you need to know to pass your theory exams. This allows you to fit the course around your time and commitments and take it as fast or slow as you wish. Live webinars are held fortnightly for extra revision help whilst your tutor can help you via phone or email.

You will then attend 4 full days of face to face learning in our teaching gym. These days are focused on the practical elements of the course where you will learn everything you need to know to complete your practical assessment.

Prices for this course

Full payment
(Includes 5% full pay discount)

£1044



Pay with installments
(See page 6 for details)

£1099



ABOUT THIS COURSE

Our internationally recognised personal training diploma will set you up for a rewarding career in the fitness industry. Covering both the Level 2 Gym Instructor and Level 3 Personal Trainer qualifications, you will be set to work in any health and well-being facility both nationally and internationally or as a self employed trainer.

On completion of this course, you will have completed your level 2 Gym Instructor Qualification and your Level 3 Personal Training Qualification. This gives you direct access to working as a personal trainer, or the prerequisites to continue on to additional level 3 continued professional development courses or move on to a level 4 course such as Strength and Conditioning.

Our level 3 personal training course is taught by industry experts with years of high level teaching experience. With dynamic and engaging learning materials, you will be feeling ready to #ownit and leave your mark on the industry.

What is included? (Not limited too)

| Level 2 Gym Instructor | Level 3 Anatomy and Physiology | Principles of Nutrition | Planning and delivering PT sessions |
|--|--|--|---|
| First you will complete the level 2 gym instructor qualification. Details of that course can be found on page 3. | <ul style="list-style-type: none"> The Musculoskeletal System The Cardiorespiratory Systems The Nervous and Endocrine Systems The Energy Systems Mobility, Posture and Core Stability | <ul style="list-style-type: none"> The Digestive System Macro and Micro Nutrients Eating Disorders Principles of Nutritional Programming | You will learn to plan, deliver and review effective personal training sessions, screen and goal set for clients, measure and monitor progress and plan advanced & progressive CV and resistance training. You will also develop your teaching and coaching skills. |

How is it taught?

This is a blended learning course*. This means that some parts of the course are completed in your own time using our online lecture materials and high quality workbooks which will teach you all you need to know to pass your theory exams. This allows you to fit the course around your time and commitments and take it as fast or slow as you wish. Live webinars are held fortnightly for extra revision help whilst your tutor can help you via phone or email.

You will then attend 6 full days of face to face learning in our teaching gym (2 for level 2 and 4 for Level 3). These days are focused on the practical elements of the course where you will learn everything you need to know to complete your practical assessment.

Prices for this course

Full payment
(Includes 5% full pay discount)

£1377



Pay with installments
(See page 6 for details)

£1499



Pay in full using a credit or debit card

Take advantage of 5% off the full price. We accept the following payments:



Interest free payment plan

Pay by direct debit via GoCardless over a time frame that suits you (3-18 Months). This option requires a deposit of 10% on checkout.

For Example: PT Certificate (Total Price, £1099)

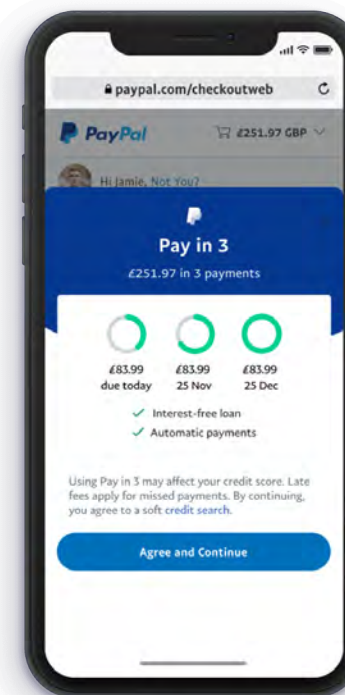
- 3 Months** = £329.66
- 6 Months** = £164.83
- 9 Months** = £109.88
- 12 Months** = £82.42
- 18 Months** = £54.95

Please note. You will have full course access from day 1 when paying by installment, however your certificate will not be posted until payments are complete.



PAY OVER 3 MONTHS - 0% INTEREST

Example payment plan





TAUGHT BY INDUSTRY PROFESSIONALS

Our dedicated teaching team consists of highly skilled educators who have honed their expertise through years of iteaching up to degree level. Their wealth of knowledge ensures that you receive the best guidance every step of the way

HIGH QUALITY LEARNING EXPERIENCE

Our carefully curated teaching materials are designed to be dynamic, engaging, and effective, facilitating a deeper understanding and mastery of the subject matter. Each module is thoughtfully structured, providing tasks and activities that foster both knowledge acquisition and practical application.

VARIED MULTIMEDIA

Experience the freedom of learning on your own terms. With our diverse range of multimedia resources, you can access course content from anywhere in the world, at any time, and on any device. Whether you prefer to learn on your computer, tablet, or phone, we have you covered. Embrace flexibility and empower yourself to reach your goals with unparalleled convenience.

