I-FIT Innovative Fitness Instructor Training Courses from HWS Ltd.

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ITEA Exercise Science Course for Fitness Professionals: 3500/-
This course includes the study of how the body responds to exercise and how to use that knowledge to improve performance and reduce the risk of injury: It is the study of how the body adapts to the physical and mental demands of exercise. Exercise science includes areas of study such as human anatomy, biomechanics and physiology.

If you would like a long career in the fitness industry and your desire is to be a great Personal Trainer, Group Fitness Instructor or Gym Instructor, then you must be able to provide your clients with results. The better their results, the more people will want you as their instructor or trainer. Having a thorough understanding of the sciences makes this possible. It enables you to create exercise programs for specific fitness goals that are based around the ability of the client.

Our 4 Core courses are:

ITEA Level 3 Personal Trainer Course inclusive of Exercise Science and Exams: 8,000/-
ITEA Level 2 Group Fitness Course inclusive of Exercise Science and Exams: 7,000/-
ITEA Level 2 Gym Instructor Course inclusive of Exercise Science and Exams: 6.000/-
ITEA Level 2 Strength and Conditioning Course inclusive of Exercise Science and Exams: 5000/-

If you have taken ITEA Personal Trainer Course with Exercise Science and would like to take your Level 3 PT certificate up to a Level 4 certificate; you can choose 3 of the following ADD ON COURSES @ 2500/- each course OR 6,000/- for 3 courses. We will produce your Level 4 Personal Trainer on completion of the 3 add on courses. You will receive 4 certificates in total

ADD ON COURSES ● Fitness for Kids Ages 5 – 15 years ● Exercise Considerations for Special Populations ● Physical Activity with Cancer Patients ● Physical Activity for Older Adults ● Programme Design and Fitness Testing ● Pre / Post Natal Exercise Instructor ● Health and Wellness Coach ● Functional Fitness Exercise for Personal Trainers ● Managing Clients with Diabetes ● Managing Clients with Arthritis ● Exercise through Menopause ● How to be an Effective Group Fitness Leader ● Golf Training Programme ● Stretching and Flexibility ● Bootcamp Instructor ● Step Training Instructor ● Intro to Pilates ● Nutrition for Instructors, Trainers and Coaches ● Kettlebell Training Instructor ● Indoor Cycling Instructor ● Intro to Yoga Fusion ● H.I.I.T Instructor (high intensity interval training) ● Fitness Barre ● CPR and Basic First Aid

ITEA's Other Courses:

Swedish Massage Therapy Course @ 10,000/- including 6 hours of Practical Training
OR Theory and Science Course only 3,000/-

Health Club Manager @ 8,000/-

On passing any of our ITEA / I-FIT examinations which is attached to your choice of course, you will be issued with a signed and stamped completion certificate which is sent to your mail address.

I-FIT and the American Council on Exercise
Nova Morgan-Woods MA GFI CPT HC MES – owner of HWS Ltd. ITEA & I-FIT
Since 1990 HWS Ltd. has been recognised by the American Council on Education as an International Education Provider.