

BOOTCAMP INSTRUCTOR: GROUP PERSONAL TRAINING SPECIALIST

Craft, Establish and Manage Your Group Personal Trainer Sessions

Course Overview

This specialization course takes the best of individualised personal training and group fitness so that you can positively impact more clients in less time. You will learn the skills and methods needed for designing and delivering a successful group personal training experience, whether that's just two clients or more than 10 in a single time slot. We are confident you will be able to create fun and engaging warm-up drills, dynamic and challenging routines for all fitness levels, and tips to foster togetherness of your participants to forge your very own community. This also increase your client impact and revenue possibilities all in the same time slot with group personal training.

Course Nature (Category 3)

This is a continuing education course intended for certified personal trainers or qualified fitness practitioners. The purpose is to deliver advanced knowledge and skill development to support ongoing professional growth within the fitness industry.

Course Objectives

- To introduce the fundamentals of running a group training program (be it small or large) to new and/or experienced fitness trainers.
- To equip the trainer with the essential tools needed to set-up, design and deliver an effective group personal training program.
- To provide the trainers with tools to build their group personal training business and to turn their clients into their best ambassadors.

Class Plan (2-Day Course)

Day	Duration	Topics Covered	Format
1	30 Mins	Introduction to Group Personal Training	Theory
	60 Mins	Masterclass – Experience a Bootcamp Workout	Practical
	30 Mins	Program Design Variables	Theory
	60 Mins	Plug & Play Warmups: RAMP Essentials	Theory & Practical
	60 Mins	Bodyweight Exercise Technique Menu – Jumps, Bend & Lift, Push, Single Leg, Pull & Scapular.	Theory & Practical
	60 Mins	Bodyweight Exercise Technique Menu – Crawl, Core, Mobility-Stability, Sprint Drills, Combo Moves.	Theory & Practical
	60 Mins	Bodyweight Circuit Templates – Part 1	Theory & Practical
2	30 Mins	Bodyweight Circuit Templates – Part 2	Theory & Practical
	45 Mins	Group Games and Challenges	Theory & Practical
	60 Mins	RAPID Circuits – Agility made easy	Theory & Practical
	45 Mins	Group Fitness Testing	Theory & Practical

	30 Mins	Effective Cool Downs	Theory & Practical
	60 Mins	Practical Application in Session Design	Theory
	60 Mins	Instructional Skills	Theory & Practical
	30 Mins	Branding and Business Tips	Theory

Note: This is a general class plan. The actual schedule may be adjusted based on the audience and class capacity, without altering the course content or learning objectives

Learning Materials

Digital course slide handouts and course manual

Pre-requisite

N/A

Awards

The Certificate of Completion is awarded upon full attendance and completion of the course.

Grading Criteria / Exam Fee

N/A

Course Provider

Fitness Edutraining Asia (FEA)

CEC Points

ACE 1.4 CECs

Dress Code

Fitness Attire

What Do I Need to Bring?

Stationery and a spare change of clothes

Course Capacity

8 - 24 pax

Language

English. Local language in respective countries may be available.

Course Categories

We offer four (4) distinct categories of fitness education designed to support individuals at every stage of their fitness journey, while clearly describing the nature, purpose, and depth of each course.

Category 1: Health and Fitness Workshops	<p>These workshops are designed for fitness enthusiasts and independent exercisers who are eager to expand their knowledge and improve their own training practices. They are open to non–fitness professionals and do not require prior formal education in exercise science.</p> <p>However, it’s important to note that these workshops are educational in nature and do not replace the personalized guidance and programming offered through one-on-one personal training. Certificates of Completion are awarded upon successful attendance and participation.</p> <p><u>What the Certificate Means:</u> Certificate of Completion — You have attended and completed the course.</p>
Category 2: Primary Certification Courses	<p>These are certification courses, designed to evaluate whether a candidate possesses the necessary competencies to perform and instruct effectively and responsibly within a defined professional role — such as a Personal Trainer, Health Coach, Yoga Instructor, Strength and Conditioning Specialist, or Pilates Teacher.</p> <p>The core purpose of certification is to protect the public by ensuring that individuals who work in these roles meet established industry standards for safety, effectiveness, and professionalism.</p> <p>As such, certification courses are structured around objective standards of practice, not tailored for personal interest or general knowledge. For those whose goal is simply to learn more about training for their own use, working with a qualified personal trainer is often a more suitable and impactful approach. It offers a more personalized, practical, and flexible learning experience without the demands of formal evaluation or certification.</p> <p><u>What the Certification Means:</u> Personal Trainer Certification — Certification is awarded upon meeting all exam components and grading criteria.</p>
Category 3: Continuing Education Courses	<p>These are continuing education courses intended for certified personal trainers or qualified fitness practitioners. Their purpose is to deliver advanced knowledge and skill development to support ongoing professional growth within the fitness industry.</p> <p><u>Prerequisites are required:</u> These courses are not designed for individuals without a recognized personal trainer certification, as they build on the core competencies</p>

	<p>expected of certified professionals. Participants without this foundation may find the content less applicable or difficult to fully grasp.</p> <p>Additionally, these are not certification courses. The Certificate of Completion awarded simply confirms that the participant has successfully completed the required training or education. It does not indicate that the individual has been formally assessed or certified in this specific subject area according to industry standards.</p> <p><u>What the Certificate Means:</u> Certificate of Completion — You have attended and completed the course.</p> <p>Disclaimer — You are not certified in this topic to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer.</p>
<p>Category 4: Specialization Courses</p>	<p>These are advanced continuing education courses intended for personal trainers or qualified fitness practitioners who have also completed prior levels of training in the specific subject area. Most courses are blended learning in nature, consisting of both live workshops and online self-learning components.</p> <p><u>Prerequisites are required:</u> All participants who fully attend the live course will receive a certificate of completion. To be eligible to earn the Specialist Certification, participants must have:</p> <ul style="list-style-type: none"> • Completed at least one of the following: FEA Certified Fitness Practitioner – Module 3 OR NCCA accredited Personal Trainer Certification OR EuropeActive accredited Personal Trainer Certification OR Any equivalent qualification • Completed the prior level (Category 3) of respective courses. • Pass all exam components and meet the grading criteria. <p><u>What Each Certificate Means:</u> Certificate of Completion — You have attended and completed the course.</p> <p>Specialist Certification — You have completed the prior Category 3 course and attended the full course. Certification is awarded upon meeting all exam components and grading criteria.</p> <p>Disclaimer — You are not certified in this topic or to perform the role, as this is only a continuing education course. You must continue to work within the defined scope of practice of a certified personal trainer.</p>

The information displayed above is correct during the time of publishing and may subject to change without prior notice.