

D&A business

train • grow • collaborate



Get your fitness business in
shape with employee training

Does any of this sound familiar?

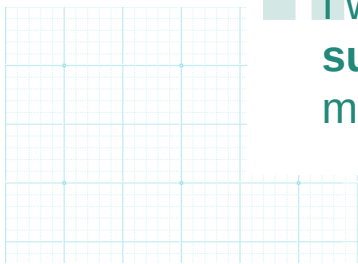
“I want to **attract more members** to my gym by offering more **variety of classes**...” ”



“I've **tried** hiring qualified talent before but they **never stay** with the team long enough...” ”

“I'm **struggling to retain employees** long-term...” ”

“I want to grow a **loyal and sustainable** community amongst members and staff in my gym...” ”



D&A Business provides employee training courses in the sport, health and fitness sector to help you create long-term stability within your team so you can focus on what is important, growing your business.

Whether it be for fitness or mental wellbeing, gyms and health clubs have become sanctuaries for members who want to be a part of a cohesive and welcoming fitness community. Offering a supportive and proactive team as well as class variation to members is needed now more than ever.

Why bother training your staff?



DID YOU KNOW?

70%

of employees are likely to leave their current job to work for another business that invests in employee training and development?



A study by LinkedIn also found that

94%

of employees said they would stay in a business if development training was available.

Source: www.teamstage.io/training-statistics



Providing training for your employees can increase productivity, loyalty and stability within your gym or health club.

It is an investment into the long-term growth of your business with invaluable knock on effects such as better customer service and creating a positive environment for members and employees. Upskilling existing employees can also be much more cost effective and time-saving in the long-run than constantly hiring and training new staff.



Fitness, Sports & Nutrition Courses

Introduction to Sports Nutrition

Location: Online
Duration: Variable

This work-based flexible learning course provides an introduction and understanding of nutrition, gaining knowledge on nutrients and their classifications. Daily dietary intake of nutrients will be looked at, including recommendations for general groups of the population as well as adjustment for exercise. This course will provide the ideal background knowledge for staff to further progression on other courses within the sports, fitness and health sector.

Introduction to Sports Psychology

Location: Online
Duration: Variable

An entry-level course, Introduction to Sports Psychology covers aspects that exercise and sport can help with such as motivation, confidence, stress, anxiety and wellbeing. This course provides a knowledgeable understanding of the topic which can support growth into a sports coaching qualification.

Introduction to Indoor Group Cycling

Location: Online
Duration: Variable

Introduction to Indoor Group Cycling provides an understanding of the instructional skills required by an indoor group cycling instructor to those who take the course. It assists the application of these skills in a practical setting and is an excellent stepping stone to becoming an indoor group cycling instructor.

Did you know? Our 3 introduction courses are currently **free** as part of our Skills Boost Activity through Young Person's Guarantee (YPG) and the National Transition Training Fund (NTTF)



QA Level 3 First Aid at Work (Regulated Qualifications Framework)

Location: Abrorath or Gardyne Campus
Duration: 3 days

Have you thought about First Aid at work training? First Aid is a useful and vital skill to have especially in a gym-based environment. Successful completion of this course gives the learner a Quallsafe First Aid at Work Certificate which is valid for three years and qualifies them as a workplace first aider.



Level 2 Certificate in Gym Instructing

Location: Gardyne Campus

Duration: 20 weeks

Covering a range of topics, this qualification provides the skills to be able to plan, deliver and supervise safe, effective exercise programmes within a gym or health club. Topics covered includes: anatomy, physiology and nutrition, health and safety, client and group inductions, supporting exercise adherence and healthy lifestyles, professionalism for fitness instructing, customer service, and personal and professional development. Learners can progress to a Level 3 Diploma in Personal Training and other Level 2 related qualifications such as Instructing Kettlebell or Circuits.

Level 2 - Instructing Kettlebell

Location: Gardyne Sports Centre

Duration: Variable (1 day – 2 weeks)

This course, which can be completed on a single day and has some portfolio work to be submitted, gives the learner the qualification to plan and instruct Kettlebell exercise sessions.

Level 3 Diploma in Personal Training

Location: Gardyne Campus

Duration: 10 weeks

Suitable to those with a level 2 qualification in gym instructing, this part-time evenings and weekends course furthers knowledge on all aspects in personal training. Topics covered include: anatomy and physiology, lifestyle and medical factors that affect wellbeing, effective communication for client consultation, skills to plan and conduct physical activity sessions with different types of clients in a variety of environments, legal and professional requirements, self-employment, and abilities to manage, evaluate and improve one's own performance as a personal trainer.

National Pool Lifeguard Qualification (NPLQ)

Location: Gardyne Campus

Duration: 1 week

This recognised qualification within the UK & Ireland will allow learners to become fully qualified Pool Lifeguards on successful completion. The course covers: the Lifeguard and the Law, pool hazards and supervision, intervention and rescue, emergency action plans, Cardiopulmonary Resuscitation (CPR), Automated External Defibrillation (AED), First Aid, and rescue of a casualty with a suspected spinal injury.

Meet the team



Sarah Ramminger

Head of Curriculum and Quality

Sarah has been working with the College since 2005 and has a PhD in Human Physiology. She holds a range of fitness qualifications in a variety of sports and has a strong focus in health and wellbeing. Currently, she is the chair of the HN Sports coaching qualification design team with the Scottish Qualifications Authority (SQA) and is an external verifier, unit writer and vetter of units.



Ewan Peacock

Lecturer, Curriculum & Quality Leader

Ewan holds a BEd. in Physical Education and has worked in Further Education at D&A College for the past 21 years since graduating. He has also been actively involved in the SQA, sitting on quality of design teams for various sports qualifications. Aside from lecturing, Ewan is largely involved with football, holding the prestigious UEFA PRO Licence qualification. He currently works as an Opposition Analyst for the first team of Heart of Midlothian Football Club.



Dale Robertson

Curriculum and Quality Leader

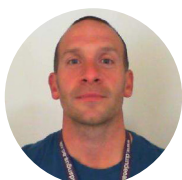
Working in education for over 12 years from primary to university level, Dale holds a PGCE Teaching Qualification in Further Education (TQFE) and a PgDip Public Health Nutrition in addition to SQA assessor and verifier qualifications. He is General Teaching Council of Scotland (GTCS) registered and currently coaches grassroots football with Dundee West after many years of playing football for clubs such as Forfar Athletic, Berwick Rangers, Elgin City and Tayport.



Darren Foy

Centre Manager and Lecturer

For over 15 years, Darren has worked within sports and fitness with a background in personal training, swimming coaching and sport and leisure management. He graduated from Abertay with Honours in Sports and Exercise Science and holds various qualifications in sport and fitness including Level 3 personal training, Level 2 swimming coaching and pool lifeguard trainer/assessor.



Chris Simpson

Sports and Fitness Lecturer

Chris has lectured at the College for over 18 years and has over 20 years coaching experience across all levels, from grassroots to elite. A UKSCA Accredited Strength and Conditioning Coach, Chris also has a Masters degree in Strength and Conditioning from St Mary's University and a PGCE Teaching Qualification in Further Education.



Wendy Wallace

Sports and Fitness Lecturer

As a graduate of D&A College, Abertay and Dundee University, Wendy has a Bsc (Hons) in Sports Coaching, a PG TQFE and Quallsafe First Aid Trainer/Assessor and Internal Quality Assessor qualifications. She has been a full-time member of the sports team at the College for the last 15 years.



Do I qualify for funding?

Funding is available through the Flexible Workforce Development Fund and some courses are free as part of our Skills Boost Activity.

Can I fit courses around our opening hours?

Bespoke courses tailored to your business are available. Course duration can be altered to your specific needs from longer-term bite-sized learning to short intensive programmes.

Across the three D&A Campuses we have a number of modern, state of the art facilities that can be hired for private use.

- A training restaurant and kitchen
- A fully-equipped gym
- 25m swimming pool
- Gym halls of varying sizes
- Outdoor pitch
- Dance studio
- Theatre
- Classroom space

With free car parking just outside the building, the venues are such a convenient location to bring your team together for training or team building, why not entertain clients or prospects at a showcase event.

Availability is usually freely available within college holiday periods, but there is often availability in term time too.

How do I know which is the right course for my employees?

The Business Partnerships Team can provide a free training needs analysis of your fitness business to see.

Can I use campus facilities for team days and training?

Yes you can, read about our facilities below.



Gym Memberships

Corporate and personal memberships are available at Gardyne Sports Centre



Get your business in shape with employee training

To find out how you can improve and grow
your fitness business with employee training
contact the Business Partnerships Team

Tel: 01241 432724

Email: business@dundeeandangus.ac.uk