



DAbusiness
train • grow • collaborate

**Get your fitness business in
shape with employee training**

Does any of this sound familiar?

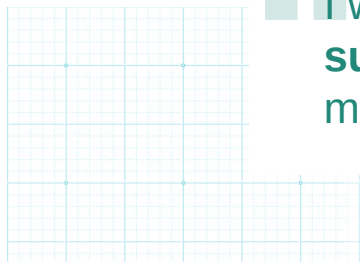
“I want to **attract more members** to my gym by offering more **variety of classes**...”



“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.

Level 2 Certificate in Gym Instructing

(Entry level course)

Location: Online & Gardyne Campus
Duration: Flexible

Type: Self-directed with 6 in-person workshop/assessment days

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: Can be completed in 1 day or over a longer period as needed

Type: Variable, self-directed or in-person

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.

Industry recognised qualification

Active iQ

National Pool Lifeguard Qualification (NPLQ)

Location: Gardyne Campus

Duration: Variable, 1 week + assessment or split over time, e.g. over 3 weekends

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.

Level 3 Diploma in Personal Training

Location: Online & Gardyne Campus

Duration: Flexible

Type: Self-directed with some in-person workshop/assessment days

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.



STA Certificate in Swimming Teaching

Location: Gardyne Campus

Duration: Variable

The Certificate in Teaching Swimming enables swimming teachers to teach to an advanced level. This qualification will expand expertise and knowledge on teaching competitive strokes, survival and rescue skills, diving, competitive starts and turns; allowing the learner to teach non-swimmers through to advanced participants. Applicants must hold an STA Award in Teaching Swimming, be at least 16 years of age and hold membership with the Swimming Teachers' Association.

STA Award in Swimming Teaching

Location: Gardyne Campus

Duration: Variable

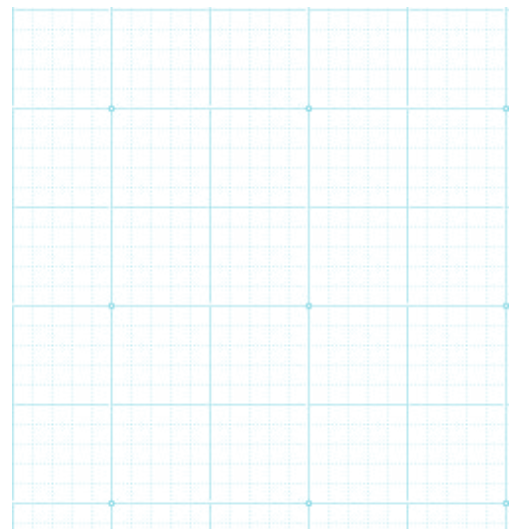
The Safety Training Awards (STA) are the awarding body of the Swimming Teachers' Association. The STA Award in Teaching Swimming aims to produce swimming teachers that can teach up to 12 non-swimmers through to improve participants. Once qualified, learners may wish to develop their knowledge and skills further, by gaining the STA Certificate in Teaching Swimming, which enables the learner to teach advanced participants and advanced swimming skills. Entry requirements for the course include being 16-years-old or above at the time of assessment and holding membership with the Swimming Teachers' Association.

Level 3 Diploma in Supporting Clients with Long-term Conditions

Location: Abrorath or Gardyne Campus

Duration: 2 days

Designed for those who work or seek to work as personal trainers, fitness professionals or in a clinical setting focused on physical activity of patients, learners on this course will gain the knowledge and skills necessary to be able to support clients living with a range of one or more long-term conditions. This is done by learning to encourage clients to lead healthier, more active lives to better manage their symptoms through effective behaviour-change techniques, lifestyle advice and safe and effective exercise prescription.





QA Level 2 Activity First Aid (Regulated Qualification Framework)

Location: Arbroath or Gardyne Campus

Duration: 2 days

This qualification is designed for those who have a responsibility to provide first aid in outdoor and activity based environments. Successful candidates will gain the knowledge and skills needed to treat a range of conditions that could occur during any form of activity, from life threatening illnesses to minor injuries. This Quallsafe Certificate is valid for 3 years.

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

Location: Abrorath or Gardyne Campus

Duration: 1 day

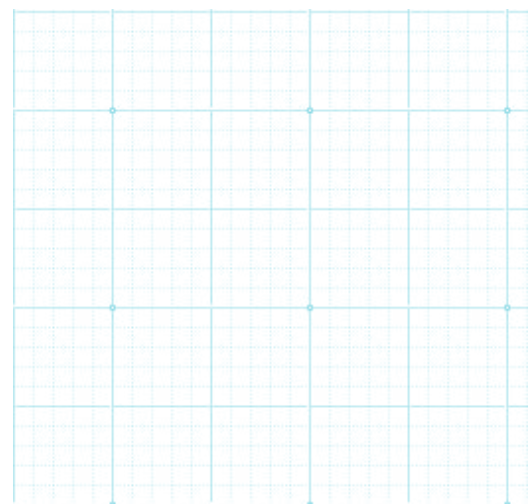
First Aid is a useful and vital skill to have especially in a gym-based environment. Successful completion of this course gives the learner a Quallsafe Emergency First Aid at Work Certificate which is valid for three years and qualifies them as a workplace emergency first aider.

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

Location: Abrorath or Gardyne Campus

Duration: 3 days

This First Aid at Work is a regulated and nationally recognised qualification, designed for those who are appointed to act as a first aider in their workplace. It is also ideal for people who have a specific responsibility to provide first aid in voluntary and community activities, particular in gym or health club environments. On completion of this course, the learner will gain a Quallsafe First Aid at Work Certificate which is valid for three years. Quallsafe Awards is the largest Awarding Organisation for First Aid qualifications in the UK.



Meet the team



Sarah Ramminger

Head of Curriculum and Quality

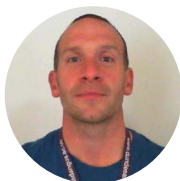
Sarah has been working with the College since 2005 and has a PhD in Human Physiology. Her fitness qualifications include Level 2, Level 3 PT, Exercise referral, Pre/post-natal, Sports massage, Indoor group cycling, and Kettlebells. Sarah holds a strong interest in health and wellbeing and has undertaken Mental health awareness, Mindfulness, Workshop to Raise Awareness to Prevent (WRAP) training and mental health first aid.



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. Wendy has sport specific qualifications in gymnastics, swimming, basketball, skiing and Level 3 Personal Trainer. She also has relevant industry experience in various coaching and fitness environments and has been a full-time member of the sports team at the College for the last 15 years.

Meet the team



Ross Law

Sport and Fitness Lecturer

Ross joined the college in 2021, having been a Personal Trainer and Group Fitness Instructor since 2009. He has experience working with a wide variety of clients and is qualified as a Level 3 Personal Trainer, with further qualifications in pre- and post-natal exercise and nutrition, adolescent fitness, loaded movement training (ViPR), total resistance exercise (TRX), and coaching in a variety of group exercise formats. Ross also previously trained and assessed Level 2 Gym Instructor and Level 3 Personal Trainer qualifications.



Stacey McColl

Sport and Fitness Lecturer

Stacey currently holds a BSc Degree in Sports Coaching and a postgraduate Teacher Qualification in Further Education (TQFE) from the University of Dundee. She has 14 years of teaching experience and 2 years of course leader experience within the further education sector. Stacey is a qualified first aid trainer assessor and internal verifier. She has 18 years of industry based coaching experience in many sports including trampolining and gymnastics and holds a number of UKCC qualifications.



Lee Gordon

Sports and Fitness Lecturer

After 5 years of teaching PE on the Isle of Harris, Lee left teaching to join the Royal Marines Commandos, serving for 6 years. On returning to Education, he secured a contract teaching PE/sports coordinator in Kirriemuir and Arbroath before being employed by the college to teach sports/fitness/hillwalking. Lee has subsequently gone on to secure a raft of outdoor/fitness qualifications to supplement the wider curriculum of the Sports and Fitness Team.



Alasdair Mackintosh

Sports and Fitness Lecturer

Alasdair started working in sport and fitness while working as sport staff for Royal Caribbean Cruise Line before joining the Fire Service. In 2012, Alasdair returned to University at Abertay to complete his BSc in Sport and Exercise. After graduating, he worked as a fitness coach and strength and conditioning coach, working for the Scottish Rugby Union and Dundee Utd.

Dundee & Angus Chamber of Commerce Member?

Get the Gardyne Sports Centre gold membership at a reduced rate for you and your employees. Visit the offers page on your Member Dashboard to benefit from this exclusive opportunity. Gardyne Sports Centre.

Meet the team



Laura Duncan
Sport and Fitness Lecturer

With established experience in sports development and leisure environments, Laura has been working in Further Education for 7+ years. She has undertaken various coaching and development roles, working with children, young people and families, including targeted work with families who are marginalised from mainstream activities through deprivation and/or offending behaviours. Laura has a particular focus on using sport and outdoor learning as a tool for change through multi agency interventions. Her key qualifications include TQFE, PgDip Counselling Unit, BSc (Hons), L&D9i and sports specific qualifications in football, basketball and mountain biking.



Marco Placentino
Sport and Fitness Lecturer

Marco has worked at our Gardyne campus since 2001. With a background in personal training, swim teaching and swim teacher tutoring, he has worked in the sport and fitness industry for over 21 years. As a trainer assessor for the Royal Life Saving Society (RLSS), Marco holds the position of D&A College's centre co-ordinator for all lifeguard courses. He undertakes all internal quality assurance of these courses and is a qualified Quallsafe first aid trainer assessor, delivering first aid training to college students and external client groups.



Gareth Johns
Sports and Fitness Lecturer

Gareth is a graduate of D&A College and Abertay University in Sports Coaching and Development. He is currently studying a Master's in Performance Coaching at Stirling University and working towards his Teaching Qualification in Further Education (TQFE). He has worked in Rugby Union for the last 12 years as a rugby coach and development officer across Scotland at grassroots and high-performance level. Gareth gained his World Rugby Educator qualification and has led and supported various coaching CPDs and courses for Scottish Rugby. He also holds a level 2 in coaching and refereeing. Recently, he has become a level 1 boxing coach and practises out of Arbroath Boxing Club.

Did you know?
D&A College offers corporate gym memberships to our business community at our Gardyne Sports Centre.





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.

Our facilities are freely available within college during holiday periods and term time.

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