

ONLINE TRAINING COURSES FOR FITNESS PROFESSIONALS

specializing in Group Fitness, AquaFitness, Fitness and Personal Training



The "eLF - eLearning Fitness Project " offers the opportunity to participate on line in a series of **FREE DISTANCE LEARNING COURSES** for:

- A Group Exercise instructor (Aerobics and Muscle Conditioning), EQF level 3
- An AquaFitness instructor, EQF level 3
- A Fitness instructor (weight room and cardio machines) EQF level 3
- A Personal trainer, EQF level 4, after having successfully participated in the fitness instructor course.

NUMBER OF PARTICIPANTS: 20

START: November 2012

REQUIREMENTS:

- at least 18 years
- high school diploma
- two years of practical experience in the fitness field
- certificate of good health.
- an internet fast connection (eg ADSL)
- suitable for the audio and video playback of multimedia content
- English language knowledge and practical experience in using a computer (internet, email, social networks, etc) as preferential conditions
- motivation

All participants who successfully complete the course will be admitted to the **ELF NATIONAL REGISTER** valid in all the project partner countries.



www.elearningfitness.eu

