



# Directory

## Endorsed CPD

Provided by CIMSPA Awarding Organisation,  
Higher Education and Training Provider Partners

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# Awarding Organisation Partner – Endorsed CPD

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Organisation name	CPD Title	CPD Points	Professional Standard
Ist4sport	CLASS 3- ENGLISH PARTNERSHIP FOR SNOOKER AND BILLIARDS (EPSB) REFEREE	7	None
Ist4sport	Ist4sport PE Confidence: Managing Behaviour in PE	0.5	None
Ist4sport	Ist4sport PE Confidence: Planning PE Lessons	0.5	None
Ist4sport	Ist4sport LGBT+ Awareness and Inclusion for the British Horseracing Industry	1.5	None
Ist4sport	Ist4sport Safeguarding Adults eLearning	3	None
Ist4sport	Ist4sport The Role and Purpose of Community Engagement in British Horseracing	1.5	None
Ist4sport	Ist4sport Managing Heat Stress in Racehorses	0.5	None
Ist4sport	Ist4sport Safeguarding and Protecting Children	3	None
Ist4sport	Ist4sport PE Confidence: Mentoring in PE	0.5	None
Ist4sport	Ist4sport Coaching the Person in Front of You	1.5	None
Ist4sport	Ist4sport PE Confidence: Organising PE Lessons	0.5	None
Ist4sport	Ist4sport PE Confidence: Assessing Progress in PE	0.5	None
Ist4sport	Ist4sport Trimming and Plaiting Horses	1.5	None
Ist4sport	Ist4sport Clipping and Trimming Horses	1.5	None
Ist4sport	Ist4sport PE Confidence: Introducing Competition in PE	0.5	None
Ist4sport	Ist4sport Basic Principles of Racehorse Welfare	0.5	None
Ist4sport	Ist4sport Assisting with Feeding and Watering	1.5	None
Ist4sport	Ist4sport Good Working Relationships	1.5	None
Ist4sport	Ist4sport Care of Tack	0.5	None
Ist4sport	Ist4sport Introduction to Basic Health and Safety	1.5	None
Ist4sport	Ist4sport Care and Fitting of Horse Clothing	0.5	None
Ist4sport	Ist4sport Grooming and Washing	1.5	None
Ist4sport	Ist4sport Yard Routines	1.5	None
Ist4sport	Ist4sport PRINCIPAL RACING ORGANISATIONS (PART 2) MEMBER BODIES AND TRAINING	1.5	None
Ist4sport	Ist4sport Catch and Move Horses	1.5	None
Ist4sport	Ist4sport Prepare and Clean Stables	1.5	None
Ist4sport	Ist4sport Principal Racing Organisations (Part 3) Thoroughbred Breeding	1.5	None
Ist4sport	Ist4sport Walking the Course	1.5	None
Ist4sport	Ist4sport Level 1 Basic Riding Skills	1.5	None
Ist4sport	Ist4sportThe Healthy Horse	1.5	None
Ist4sport	Ist4sport Points of the Horse	1.5	None
Ist4sport	Ist4sport Identification of Horses	1.5	None
Ist4sport	Ist4sport Principal Racing Organisations (Part 1) Governance, Regulation, Funding and Administration	1.5	None
Ist4sport	Ist4sport Coaching People with a Visual Impairment	1	None
Ist4sport	Ist4sport Principal Racing Organisations (Part 4) Racing Charities	1.5	None
Ist4sport	Ist4sport Basic Principles of Health and Wellbeing (Part 1) Diet and Exercise	1.5	None



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Organisation name	CPD Title	CPD Points	Professional Standard
Ist4sport	Ist4sport BASIC PRINCIPLES OF HEALTH AND WELLBEING (PART 2) SOCIAL FACTORS	1.5	None
Ist4sport	Ist4sport Level 3 Feeding Horses (part 1)	1.5	None
Ist4sport	Ist4sport Level 2 Handling Thoroughbred Racehorses	1.5	None
Ist4sport	Ist4sport Level 2 Routine Stable Care	1.5	None
Active IQ	Active IQ Level 2 Award in Working with Communities to Promote and Support Active Healthy Lifestyles	9	None
Active IQ	Active IQ Level 2 Certificate in Principles of Sales	10	None
Active IQ	Active IQ Level 3 Online Diploma in Supporting Clients with Long-term Conditions	10	Working with people with long term conditions (Populations)
Active IQ	Active IQ Level 3 Diploma in Supporting Clients with Long-term Conditions	10	Working with people with long term conditions (Populations)
Active IQ	Active IQ Level 4 Certificate in Education and Training	10	None
Active IQ	Active IQ Level 1 Award in Active, Healthy Living	10	None
Active IQ	Active IQ Level 1 Award in Assisting Sport and Physical Activity Sessions	10	None
Active IQ	Active IQ Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice	10	None
Active IQ	Active IQ Level 4 Award in Understanding the Internal Quality Assurance of Assessment Processes and Practice	10	None
Active IQ	Active IQ Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice	10	None
Active IQ	Active IQ Level 3 Award in Assessing Competence in the Work Environment	10	None
Active IQ	Active IQ Level 4 Certificate in Postural Assessment and Corrective Exercise	10	None
Active IQ	Active IQ Level 3 Award in First Aid at Work	9	None
Active IQ	Active IQ Level 3 Award in Emergency First Aid	3.5	None
Active IQ	Active IQ Level 3 Award in Education and Training	10	None
Active IQ	Active IQ Level 2 Award in Instructing Water-based Exercise	10	Core group exercise instructor (Occupation)
Active IQ	Active IQ Entry Level 3 Award in the Principles of Leading an Active, Healthy Life	10	None
Active IQ	Active IQ Level 2 Award in Mental Health Awareness	7.5	None
Active IQ	Active IQ Level 2 Certificate in Customer Service	10	None
Active IQ	Active IQ Level 2 Award in Instructing Suspended Movement Training	5	None
Active IQ	Active IQ Level 3 Award in Instructing Outdoor Fitness	10	None
Active IQ	Active IQ Level 2 Diploma in Customer Service	10	None
Active IQ	Active IQ Level 2 Diploma in Business Administration	10	None
Active IQ	Active IQ Level 3 Diploma in Customer Service	10	None
Active IQ	Active IQ Level 3 Diploma in Business Administration	10	None
Active IQ	Active IQ Level 2 Certificate in Promoting Community Health and Well-Being	10	None
Active IQ	Active IQ Level 2 Award in Smoking Awareness and Cessation	4.5	None
Active IQ	Active IQ Level 3 Certificate in Assessing Vocational Achievement	10	None
Active IQ	Active IQ Level 3 Award in Understanding the Principles and Practices of Assessment	10	None
Active IQ	Active IQ Level 2 Award in Alcohol Awareness	10	None



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Organisation name	CPD Title	CPD Points	Professional Standard
Active IQ	Active IQ Level 3 Award in Designing Exercise Programmes for Disabled Clients	6	None
Active IQ	Active IQ Level 3 Award in Nutrition for Exercise and Health	10	None
Active IQ	Active IQ Level 4 Certificate in Nutrition Coaching	10	None
Active IQ	Active IQ Level 2 Award in Pool Operations	8	Pool plant operative (Occupation)
Active IQ	Active IQ Level 3 Award in Operating small pools	10	Pool plant operative (Occupation)
Focus Awards	Focus Awards Level 2 Certificate in Coaching Weight Lifting (RQF)	10	None
Focus Awards	Focus Awards Level 2 Certificate in Coaching Weight Training (RQF)	10	None
Focus Awards	Focus Awards Level 2 Award in Weight Lifting (RQF)	2	None
Focus Awards	Focus Awards Level 2 Award in Delivering Suspension Training sessions (RQF)	10	None
Focus Awards	Focus Awards Level 2 Award in Delivering Padwork Sessions (RQF)	10	None
Focus Awards	Focus Awards Level 3 Award in Delivering Online Personal Training (RQF)	9	None
Focus Awards	Focus Awards Level 4 Certificate in Delivering Physical Activity for Individuals with Mental Health Conditions (RQF)	10	None
Focus Awards	Focus Awards Level 3 Diploma in Exercise Referral (RQF)	10	None
Focus Awards	Focus Awards Level 4 Diploma in Teaching Yoga (RQF)	10	None
Focus Awards	Focus Awards Level 2 Award in Front of Stage Pit Barrier Operations (RQF)	5	None
Focus Awards	Focus Awards Level 3 Certificate in Instructing Weight Training (RQF)	10	None
Focus Awards	Focus Awards Level 2 Award in Instructing Kettlebell Exercises (RQF)	10	None
Focus Awards	Focus Awards Level 1 Award in Coaching Weight Lifting (RQF)	10	None
Focus Awards	Focus Awards Level 2 Award in Instructing Weight Training (RQF)	10	None
Focus Awards	Focus Awards Level 3 Award for British Weight Lifting Technical Officials (RQF)	10	None
Focus Awards	Focus Awards Level 2 Award in Teaching Olympic Weightlifting in Schools (RQF)	10	None
Focus Awards	Focus Awards Level 2 Certificate in Coaching Strength and Conditioning for Sport (RQF)	10	Strength and Conditioning Trainer (Occupation)
Focus Awards	Focus Awards Level 1 Award in Assistant Gym Instructor (RQF)	10	Gym Instructor (Occupation)
NCFE	NCFE CACHE Level 3 Award in Skills for Workplace Health Champions	10	Health Navigator (Occupation)
NCFE	NCFE CACHE Level 2 Award in Introduction for Workplace Health	6	Health Navigator (Occupation)
NCFE	NCFE CACHE Level 2 Certificate in Awareness of Mental Health Problems	10	None
NCFE	NCFE Level 2 Award in Instructing Suspension Training	10	Core group exercise instructor (Occupation)
NCFE	NCFE Level 2 Award in instructing Circuit Training	10	Core group exercise instructor (Occupation)
NCFE	NCFE Level 2 Award in Instructing Group Cycling	10	Core group exercise instructor (Occupation)
NCFE	NCFE Level 2 Award in Instructing Kettlebell Training	10	Core group exercise instructor (Occupation)
Pearson	Careers in the Sport and Active Leisure Industry	4	None
Pearson	Health, Mental Health, Wellbeing and Sport	3	None



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Organisation name	CPD Title	CPD Points	Professional Standard
Pearson	Fitness Skills Development	7	None
RLSS UK Qualifications	National Rescue Award for Swimming Teachers and Coaches (NRASTC LIGHT)	3	None
RLSS UK Qualifications	RLSS UK Qualifications Level 3 Award in Emergency First Aid at Work	7	None
RLSS UK Qualifications	RLSS UK Qualifications Level 2 Award in Basic Life Support and Management of Anaphylaxis	5	None
RLSS UK Qualifications	RLSS UK Qualifications Level 2 Award in Automated External Defibrillator– AED	5	None
RLSS UK Qualifications	RLSS UK Qualifications Level 3 Award in Emergency Paediatric First Aid	7	None
RLSS UK Qualifications	RLSS UK Qualifications Level 3 Award in First Aid at Work	10	None
RLSS UK Qualifications	RLSS UK Qualifications Level 3 Award in National Pool Supervisor Qualification (NPSQ)	10	None
RLSS UK Qualifications	RLSS UK Qualifications Level 3 Award in Paediatric First Aid	10	None
RLSS UK Qualifications	Emergency Response Pool (ER-Pool)	6.5	None
RLSS UK Qualifications	National Rescue Award for Swimming Teachers and Coaches (NRASTC)	6	None
RLSS UK Qualifications	Swim School Health and Safety Award	9	None
RSPH	RSPH Level 2 Award in Encouraging Physical Activity	3	None
RSPH	RSPH Level 2 Award in Encouraging a Healthy Weight and Healthy Eating	3	None
RSPH	RSPH Level 2 Award in understanding the delivery of an NHS Health Check	3.5	None
RSPH	RSPH Level 2 Award in Understanding Mental Wellbeing	3.5	None
STA	An Introduction to British Sign Language and Sign Supported English	1	None
STA	STA Level 3 Award in Paediatric First Aid	6	None
STA	STA Level 3 Award in First Aid at Work	9	None
STA	STA Level 3 Award in Emergency Paediatric First Aid	3	None
STA	STA Level 3 Award in Emergency First Aid at Work	3	None
STA	STA Level 2 Award for Safety Award for Teachers	3	None
STA	STA Level 2 Award for Pool Emergency Responder	8	None
STA	STA Level 2 Award in Basic Life Support and Management of Anaphylaxis	2	None
STA	STA Level 2 Award in Basic Life Support and Safe Use of an Automated External Defibrillator	2	None
STA	STA Conference 2021	3	None
STA	STA Level 2 Award for Pool Emergency Responder	5	None
STA	Artistic Swimming – Explore and Experience by Aquabatix CPD2	1	None
STA	STA Level 2 Award In Aquatic Teaching – Mermaid and Mono Fin Swimming	4	None
STA	Cerebral Palsy and Swimming	1.5	None
STA	Artistic Swimming – Experience By Aquabatix CPD1	1	None
STA	Motion by Straight-Line Swimming	0.5	None
STA	Body Position by Straight-Line Swimming	0.5	None
STA	Breathing by Straight-Line Swimming	0.5	None
STA	Body Position by Straight-Line Swimming	0.5	None
STA	STA Level 2 Award In Aquatic Teaching – Mermaid and Mono Fin Swimming	4	None



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Organisation name	CPD Title	CPD Points	Professional Standard
STA	Motion by Straight-Line Swimming	0.5	None
STA	Breathing by Straight-Line Swimming	0.5	None
STA	STA Safeguarding Children, Young People and Vulnerable Adults	4	None
STA	Cerebral Palsy and Swimming	1.5	None
STA	Artistic Swimming – Experience By Aquabatix CPD1	1	None
STA	Artistic Swimming – Explore and Experience by Aquabatix CPD2	1	None
Swim England Qualifications	SwimFin and its effective use by Swimming Teachers	1.5	None
Swim England Qualifications	SEQ Making your lessons engaging for autistic children	3	Working inclusively - working with disabled people (population)
Swim England Qualifications	SEQ Effective Teaching of Swimming Skills and Strokes	1.5	None
Swim England Qualifications	SEQ Appropriate Handling Techniques	1.5	None
Swim England Qualifications	SEQ Level 3 Teaching Pre-School Swimming (Advanced)	10	None
Swim England Qualifications	SEQ Learn to Swim Helper	2.5	None
Swim England Qualifications	Swim England Supporting Pupils with SEND in School Swimming	3	None
Swim England Qualifications	Swim England Teaching Water Safety in the Learn to Swim Programme	1.5	None
Swim England Qualifications	SEQ Introduction to Supporting Swimmers with Long Term Health Conditions	4	Working with people with long term conditions (Populations)
Swim England Qualifications	Integrating Swimmers with a Physical & Sensory Impairment into Mainstream Swimming Lessons	1.5	None
Swim England Qualifications	Teaching Non-Swimmers in Deep Water	2	None
Swim England Qualifications	Swim England Safeguarding Training	3	Safeguarding Children (technical)
Swim England Qualifications	Teaching Aquatics to Children with Learning Disabilities	2	None
Swim England Qualifications	Improving Butterfly	1.5	None
Swim England Qualifications	Effective Sculling Techniques and Development into the four strokes	1.5	None
Swim England Qualifications	Improving Breaststroke	1.5	None
Swim England Qualifications	Improving Backstroke	1.5	None
Swim England Qualifications	SEQ Foundations of Inclusivity	3.5	Working inclusively - working with disabled people (population)
Swim England Qualifications	Improving Front Crawl	1.5	None
Swim England Qualifications	Swim England Teacher of School Swimming – Primary	4.5	None
Swim England Qualifications	SEQ Level 2 Coaching Open Water Swimming	10	None
Swim England Qualifications	Swim England Team Manager Module 2	1.5	None
Swim England Qualifications	Swim England Young Aquatic Leader	3.5	None
Swim England Qualifications	Swim England Team Manager Module 1	1.5	None
Swim England Qualifications	Swim England Support Teacher of School Swimming – Primary	3	None
Swim England Qualifications	Swim England Aquatic Helper	3	None
Swim England Qualifications	Swim England Aquatic Skills Framework Stages 8 – 10 Diving	2	None
Swim England Qualifications	Swim England Aquatic Skills Framework Stages 8 – 10 Synchro	3	None



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Organisation name	CPD Title	CPD Points	Professional Standard
Swim England Qualifications	Swim England Aquatic Skills Framework Stages 8 - 10 Water Polo	2	None
Swim England Qualifications	Swim England Aquatic Skills Framework Swimming 8 - 10	2	None
Swim England Qualifications	Swim England Developing Discipline Skills within the LTS Framework	1.5	None
Swim England Qualifications	Swim England Teaching School Swimming and Water Safety	1.5	None
Swim England Qualifications	Swim England The Fun Approach to Learn to Swim	1.5	None
Swim England Qualifications	SEQ Level 3 Aquatic Activity for Health	10	Working with people with long term conditions (Populations)
Swim England Qualifications	SEQ Level 3 Swim Coordinator	10	Entry manager - Exercise and Fitness Management (Occupation)
Swim England Qualifications	SEQ Level 3 Education and Training	10	None
Swim England Qualifications	Swim England Teaching and Education Awards Conference	3	None
Swim England Qualifications	Fin2Fit Mermaid Swimming	2	None
Transcend Awards	Transcend Level 4 Certificate in Outdoor Fitness and Bootcamp Training	10	None
Transcend Awards	Transcend Level 4 Certificate in Archon Fitness Profiling	10	None
Transcend Awards	Transcend Level 2 Award in Food Safety and Hygiene for Activity Practitioners		None
Transcend Awards	Transcend Level 2 Award in Leading Inclusive Physical Activities	10	None
Transcend Awards	Transcend Level 3 Award in Nutritional Intervention for Exercise, Wellbeing and Weight Management	10	None
Transcend Awards	Transcend Level 1 Certificate in Immune System Boosting	1	None
Transcend Awards	Transcend Level 2 Certificate in Immune System Optimisation	1	None
VTCT	VTCT (ITEC) Level 2 Award in Infection Prevention (COVID-19) for Sport and Fitness Sessions	4	Strength and conditioning trainer (Occupation) Assistant swimming teacher (Occupation) Personal trainer (Occupation) Swimming teacher (Occupation) Gym Instructor (Occupation) Working in the school environment - out of curriculum (Environments)
VTCT	VTCT (ITEC) Level 2 Certificate in Mental Health Awareness	10	None
YMCA Awards	YMCA Level 3 Diploma in Teaching Yoga	10	None
YMCA Awards	YMCA Level 3 Diploma in Teaching Pilates	10	None
YMCA Awards	YMCA Level 3 Diploma in Exercise Referral	10	None
YMCA Awards	YMCA Level 2 Award in Instructing Kettlebell Training	10	None
YMCA Awards	YMCA Level 2 Award in Instructing Suspended Movement Training	10	None
YMCA Awards	YMCA Level 2 Award in Employment Awareness in Active Leisure and Learning	10	None
YMCA Awards	YMCA Level 2 Award in Delivering Chair-Based Exercise	10	None
YMCA Awards	YMCA Level 2 Award in Nutrition for Healthy Living	10	None
YMCA Awards	YMCA Level 3 Award in Adapting Exercise for Ante Natal and Post Natal Clients	10	None
YMCA Awards	YMCA Level 3 Award in Programming and Supervising Exercise with Disabled Clients	10	None



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Organisation name	CPD Title	CPD Points	Professional Standard
YMCA Awards	YMCA Level 1 Award in Fitness and Physical Activity	10	None
YMCA Awards	YMCA Level 1 Diploma in Employability and Personal Development	10	None
YMCA Awards	YMCA Level 1 Certificate in Employability and Personal Development	10	None
YMCA Awards	YMCA Level 1 Award in Employability and Personal Development	10	None
YMCA Awards	YMCA Level 1 Award in Lifestyle Management	10	None
YMCA Awards	YMCA Level 1 Diploma in Sport and Active Leisure	10	None
YMCA Awards	YMCA Level 1 Award in Health Champions	10	None
YMCA Awards	YMCA Level 1 Award in Body Image and the Relationship to Wellbeing	4.5	None
YMCA Awards	YMCA Level 1 Award in Introduction to Lifestyle Management	10	None
YMCA Awards	YMCA Level 3 Award in Paediatric First Aid	10	None
YMCA Awards	YMCA Level 3 Award in Emergency Paediatric First Aid	10	None
YMCA Awards	YMCA Awards Level 3 Diploma in Business Administration	10	None
YMCA Awards	YMCA Level 2 Award in Mental Health Awareness and Understanding Approaches to Support Individuals	10	None
YMCA Awards	YMCA Level 3 Award in Adapting Exercise for Independently Active, Older People	10	None
YMCA Awards	YMCA Level 2 Diploma in Sport	10	None
YMCA Awards	YMCA Level 2 Diploma in Increasing Participation in Sport and Active Leisure in Community Settings	10	None
YMCA Awards	YMCA Level 2 Certificate in Increasing Participation in Sport and Active Leisure in Community Settings	10	None
YMCA Awards	YMCA Level 2 Certificate in Fitness Walking	10	None
YMCA Awards	YMCA Level 2 Certificate in Sport	10	None
YMCA Awards	YMCA Level 2 Award in Step Exercise to Music	10	None
YMCA Awards	YMCA Level 2 Award in Increasing Participation in Sport and Active Leisure in Community Settings	10	None
YMCA Awards	YMCA Level 2 Award in Studio Resistance Training	10	None
YMCA Awards	YMCA Level 2 Certificate in Leisure Operations	10	None
YMCA Awards	YMCA Level 1 Award in Sport	10	None
YMCA Awards	YMCA Level 1 Certificate in Sport	10	None
YMCA Awards	YMCA Level 2 Award in Sport	10	None
YMCA Awards	YMCA Level 2 Award in Understanding Stewarding at Spectator Events	10	None
YMCA Awards	YMCA Level 2 Award in Working with Participants with Disabilities in Sport and Active Leisure	10	None
YMCA Awards	YMCA Level 2 Award in Instructing Kettlebell Training Sessions	8	None
YMCA Awards	YMCA Level 2 Award in Instructing Suspended Movement Training Sessions	10	None
YMCA Awards	YMCA Level 2 Award in Community Activation	10	None
YMCA Awards	YMCA Level 2 Award in Walk Leading	10	None
YMCA Awards	YMCA Level 1 Award in Introduction to Personal Wellbeing	10	None
YMCA Awards	YMCA Level 3 Award in First Aid at Work	9	None
YMCA Awards	YMCA Level 3 Award in Employment Awareness in Active Leisure and Learning	10	None





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Organisation name	CPD Title	CPD Points	Professional Standard
YMCA Awards	YMCA Level 4 Certificate in Weight Management for Individuals with Obesity, Diabetes Mellitus and/or Metabolic Syndrome	10	None
YMCA Awards	YMCA Level 4 Certificate in Programming Physical Activity for Individuals with Low Back Pain	10	None
YMCA Awards	YMCA Level 4 Certificate in Programming Physical Activity for Individuals with Low Back Pain	10	None
YMCA Awards	YMCA Level 4 Certificate in Delivering Physical Activity for Individuals with Mental Health Conditions	10	None
YMCA Awards	YMCA Level 3 Award in Sports Conditioning	10	None
YMCA Awards	YMCA Level 3 Award in Instructing Outdoor Fitness	10	None
YMCA Awards	YMCA Level 3 Award in Business Skills for the Fitness Professional	10	None
YMCA Awards	YMCA Level 3 Award in Supporting Participation in Physical Activity: Older Adults	10	None



## Higher Education Partner – Endorsed CPD

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Organisation name	CPD Title	CPD Points	Professional Standard
Edge Hill University	BA (Hons) Physical Education and School Sport	10	Working in the school environment (environment)
Edinburgh Napier University	Safeguarding and Working with Vulnerable Populations in a Sport and Exercise Environment (SES09125)		Safeguarding Adults (technical) Safeguarding Children (technical)
Newman University	SPU613 Events Management for Sport Development module	10	Aspiring manager - Exercise and Fitness Management (Occupation) Aspiring manager - Sports Development Management (Occupation) Working in a community environment (Environments)
Oxford Brookes University	BSc (Hons) Physical Activity & Health Promotion (Design, agree and adapt a physical activity programme with older adults with a history or high risk of falls)	10	Working with people with long term conditions (population)
University of Wolverhampton	BA (Hons) Physical Education and School Sport	10	Working with children 0-5 (Populations)
University of Wolverhampton	BA (Hons) Physical Education and School Sport with Foundation Year	10	Working with children 0-5 (Populations)
University of Wolverhampton	BA (Hons) Physical Education and School Sport with sandwich placement	10	Working with children 0-5 (Populations)
Cardiff Metropolitan University	Certificate of Higher Education in Sport Management (Micro-credentials Pathway)	10	Entry manager (no specialism)



# Training Provider Partner – Endorsed CPD

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Organisation name	CPD Title	CPD Points	Professional Standard
A.R.E.A Aquatic Rehabilitation & Exercise Academy	Aqua Instructor Course – Shallow & Deep	10	Core group exercise instructor (Occupation)
A.R.E.A Aquatic Rehabilitation & Exercise Academy	PEYOW Aqua Pilates	8	Core group exercise instructor (Occupation)
A.R.E.A Aquatic Rehabilitation & Exercise Academy	AquaStretch	10	None
A.R.E.A Aquatic Rehabilitation & Exercise Academy	Aqua Natal Course	10	Working with antenatal and postnatal clients (Populations)
A.R.E.A Aquatic Rehabilitation & Exercise Academy*	Virtual Aqua Fitness and Therapy convention	3.5	None
Active Health Group	Clinical Pilates for Sports Therapists	10	None
Active Health Group	Sports Trauma Management	10	None
Active Leaders	Junior Active Leaders	10	None
Active Leaders	Active Leaders	10	None
Active Leaders	Active Leaders Train the Trainer	10	None
Active Partnerships	Module 1-3 - The Foundations for Systems Leadership	4.5	None
Active Partnerships	Modules 5-7 - Building Collaborative Capacity and Taking Collaborative Action	3	None
Active Partnerships	Module 4 - Becoming a System Activist	5	None
Active Partnerships	Module 8 - Learning as a Driver of System Change	2	None
Active Suffolk	First Aid in Sport	6	None
Active Suffolk	Emergency First Aid for Sport	3	None
Adore Your Pelvic Floor	The Pelvic Floor Awareness Workshop	4	None
Adore Your Pelvic Floor	Adore your floor coach	3.5	None
Aerolatino Fitness Uk	AEROLATINO INSTRUCTOR CERTIFICATE	6	Core group exercise instructor (Occupation)
AMAC	Group Indoor Cycling	8	Core group exercise instructor (Occupation)
AMAC	Target Games for Chair-Based Exercise	4	Core group exercise instructor (Occupation)
AMAC	Throwing and Catching Games for Chair-based Exercise	4	Core group exercise instructor (Occupation)
AMAC	Rope Training	4	Core group exercise instructor (Occupation)
AMAC	Sandbag Training	4	Core group exercise instructor (Occupation)
AMAC	Points4PTS - Stability Ball Training	2	Core group exercise instructor (Occupation)
AMAC	High Intensity Interval Training	8	Core group exercise instructor (Occupation)
AMAC	Encouraging Physical Activity	4	Personal trainer (Occupation)
AMAC	Understanding Behaviour Change	6	Personal trainer (Occupation)
AMAC	Combat fitness	7	Core group exercise instructor (Occupation)
AMAC	Points4PTS - effective goal setting	2	Core group exercise instructor (Occupation)
AMAC	Points4PT's using foam rollers	2	Core group exercise instructor (Occupation)
AMAC	Parachute Games for Chair-Based Exercise	4	Core group exercise instructor (Occupation)
AMAC	Functional Games for Chair-Based Exercise	4	Core group exercise instructor (Occupation)
AMAC	Seated Fitness, Function and Balance Instructor	10	Core group exercise instructor (Occupation)
AMAC	Seated Recreational Physical Activity Instructor	10	Core group exercise instructor (Occupation)
AMAC	Chair-Based Exercise Instructor	10	Core group exercise instructor (Occupation)



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Organisation name	CPD Title	CPD Points	Professional Standard
AMAC	Combat Fitness Equipment Training	4	Core group Exercise instructor (Occupation)
AMAC	Using balls for self-massage	2	Gym Instructor (Occupation)
Athleticum	Spinning® Instructor Certification	10	Core group exercise instructor (Occupation)
BACPR	BACPR Annual Conference 2022	6.5	None
BACPR	Physical Activity & Exercise in the Management of Cardiovascular Disease: Part II - Advanced Applications	6	None
BACPR	BACPR Level 4 Exercise Instructor Training	10	None
BACPR	BACPR Exercise Instructor Revalidation	3	None
BACPR	BACPR Exercise Instructor Network Workshop	0.5	None
BACPR	BACPR Exercise Professionals Group Conference	1.5	None
Becky Adlington Training	Developing Aquatic People and Programmes	8	Entry manager - Exercise and Fitness Management (Occupation)
Becky Adlington Training	Becky's Building Blocks	8	Working with children (Populations)
Bellicon Business GmbH	Bellicon JUMPING	5.5	None
Biomechanics Education	The Kaizen Project annual event 2022	4	None
Biomechanics Education	DEADLIFT ANALYSIS	1	None
Biomechanics Education	Foot Biomechanics Made Simple	0.5	None
Biomechanics Education	Pain Science	0.5	None
Biomechanics Education	Understanding Nerves	0.5	None
Biomechanics Education	Shoulder, Knee, Foot Biomechanics Online Training	10	None
Biomechanics Education	Intro To Running Biomechanics Online CPD Training	2	None
Biomechanics Education	What is functional training?	0.5	None
Biomechanics Education	Biomechanics Trainer	10	None
Biomechanics Education	Mindfulness, Mindset and Mental Health Webinar	2	None
Biomechanics Education	Weak Glutes	0.5	None
Biomechanics Education	Foot/Ankle Biomechanics Practical Academy Part 5 - The Bones, Muscles & Actions	1	Personal trainer (Occupation)
Biomechanics Education	Knee Biomechanics Practical Academy Part 4 - The Bones, Muscles & Actions	1	Personal trainer (Occupation)
Biomechanics Education	Shoulder Biomechanics Practical Anatomy Part 3 - The Bones, Muscles & Actions	1	Personal trainer (Occupation)
Biomechanics Education	Pelvic Biomechanics Practical Anatomy Part 1 - The Bones, Muscles & Actions	1	Personal trainer (Occupation)
Biomechanics Education	Spine Biomechanics Practical Academy Part 2 - The Bones, Muscles & Actions	1	Personal trainer (Occupation)
Biomechanics Education	5 steps to a successful online presence	0.5	None
Biomechanics Education	Behaviour Change Workshop	1	None
Biomechanics Education	Low back Pain/ Health Workshop (Face-to-Face 2 Day)	10	Personal trainer (Occupation)
Biomechanics Education	Intro to Intrinsic Biomechanics Online CPD Training	5	Personal trainer (Occupation)



# Training Provider Partner – Endorsed CPD

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Organisation name	CPD Title	CPD Points	Professional Standard
Biomechanics Education	iMoveFreely® Instructor Workshop	7	Core group exercise instructor (Occupation) Personal trainer (Occupation)
Biomechanics Education	Biomechanics Trainer	2.5	Personal trainer (Occupation)
BlazePod	Blazepod – Flash Reflex Trainer Course	6	None
Boing kids limited	The Boing PlayVenture (Virtual Coaching Course)	2	Working with children (Populations)
Boing kids limited	The Boing Half Day Coaching Course	4	Working with children (Populations)
Boxercise	Boxercise Instructor Training Course (online)	9	Core group exercise instructor (Occupation)
Boxercise	Boxercise Instructor Course	8	None
Boxology Academy	Boxology Round 1	10	Coach (Occupation)
Boxology Academy	Boxology Round 2	10	Coach (Occupation)
Brighton Table Tennis Club	Building a Grassroots Community	8	None
Brighton Table Tennis Club	Playing for Success	3	None
British Rowing	Go Row Indoor Workshop	5	Gym Instructor (Occupation)
British Rowing	Go Row Indoor Virtual Workshop	3	Gym Instructor (Occupation)
British Triathlon	Swim, Bike, Run Community Activator	9	Working with Inactive People (population)
British Universities & Colleges Sport (BUCS)	Student Leadership Programme	10	Aspiring Manager (no specialism)
Broga	Broga Yoga Teacher Update	10	None
Broga	Broga Yoga Teacher Training	10	None
Brookbush Institute of Human Movement Science	Joint Mobilizations and Manipulations: Introduction	1.5	None
Brookbush Institute of Human Movement Science	Joint Mobilizations and Manipulations: Evidence-based Teaching and Learning	0.5	None
Brookbush Institute of Human Movement Science	Joint Mobilization and Manipulation: Risk of Adverse Events	1	None
Brookbush Institute of Human Movement Science	Joint Mobilization and Manipulation: Risk of Adverse Events	1	None
Brookbush Institute of Human Movement Science	Soleus	1	None
Brookbush Institute of Human Movement Science	Shoulder	1.5	None
Brookbush Institute of Human Movement Science	Pectoralis Minor	1	None
Brookbush Institute of Human Movement Science	Levator Scapulae	1.5	None
Brookbush Institute of Human Movement Science	Knee	1.5	None
Brookbush Institute of Human Movement Science	Ankle	1.5	None
Brookbush Institute of Human Movement Science	Vibration Release Techniques: Lower Body	1	None
Brookbush Institute of Human Movement Science	Self-Administered Joint Mobilizations: Upper Extremity	2	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Acute Variables: Repetition Range	0.5	None
Brookbush Institute of Human Movement Science	Internal Obliques	1	None
Brookbush Institute of Human Movement Science	Lower Extremity Power Exercise Intensity Part 2	0.5	None
Brookbush Institute of Human Movement Science	Lower Extremity Power Exercise Intensity Part 1	0.5	None
Brookbush Institute of Human Movement Science	Bridge and Progressions	1	None
Brookbush Institute of Human Movement Science	Plank and Slide Progressions	1	None



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Organisation name	CPD Title	CPD Points	Professional Standard
Brookbush Institute of Human Movement Science	Chop pattern and progressions	0.5	None
Brookbush Institute of Human Movement Science	Trapezius muscle	1	None
Brookbush Institute of Human Movement Science	Flexor Hallucis Longus and Flexor Digitorum	1	None
Brookbush Institute of Human Movement Science	Functional Anatomy 1: Introduction	1.5	None
Brookbush Institute of Human Movement Science	Lower Body Goniometric Assessment	1	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Overhead Squat Assessment (Part 2): Sign Clusters and Compensation Patterns	1	None
Brookbush Institute of Human Movement Science	Lower Body Manual Muscle Testing	1	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Functional Anatomy 2: Muscular Function and Upper Body Muscles	1.5	None
Brookbush Institute of Human Movement Science	Predictive Model of Lumbo Pelvic Hip Complex Dysfunction	4	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Upper Body Manual Muscle Testing	0.5	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Overhead Squat Assessment (Part 1): Signs of Dysfunction	1	None
Brookbush Institute of Human Movement Science	Upper Body Goniometric Assessment	1	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Muscle Length Tests	1	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Lower Extremity Dysfunction	4	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Tibialis Posterior	1	None
Brookbush Institute of Human Movement Science	Functional Anatomy 3: Lower Body and Core Muscles	1.5	None
Brookbush Institute of Human Movement Science	Intrinsic Stabilization Subsystem	0.5	None
Brookbush Institute of Human Movement Science	Gluteus Maximus	1	None
Brookbush Institute of Human Movement Science	Biceps Femoris	1	None
Brookbush Institute of Human Movement Science	Predictive Model of Upper Body Dysfunction	3	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Serratus Anterior	1	None
Brookbush Institute of Human Movement Science	Hip Flexor: Release and Lengthening	0.5	None
Brookbush Institute of Human Movement Science	Tensor Fascia Latae	1	None
Brookbush Institute of Human Movement Science	Deep Longitudinal Subsystem	0.5	None
Brookbush Institute of Human Movement Science	Hip Internal Rotator: Release and Lengthening	0.5	None
Brookbush Institute of Human Movement Science	Hip External Rotator: Release and Lengthening	0.5	None
Brookbush Institute of Human Movement Science	Tibialis Anterior Activation	0.5	None
Brookbush Institute of Human Movement Science	Transverse Abdominis Activation	0.5	None
Brookbush Institute of Human Movement Science	Shoulder External Rotator Activation	0.5	None
"Brookbush Institute of Human Movement Science"	Lumbar Extensor: Release and Lengthening	0.5	None
Brookbush Institute of Human Movement Science	Vastus Medialis Obliquus (VMO) and Tibial Internal Activation	0.5	None
Brookbush Institute of Human Movement Science	Tibialis Posterior Activation	0.5	None
Brookbush Institute of Human Movement Science	Trapezius Activation	0.5	None
Brookbush Institute of Human Movement Science	Gluteus Medius Activation	0.5	None
Brookbush Institute of Human Movement Science	Tibia External Rotator: Release and Lengthening	0.5	None



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Organisation name	CPD Title	CPD Points	Professional Standard
Brookbush Institute of Human Movement Science	Serratus Anterior Activation	0.5	None
Brookbush Institute of Human Movement Science	Gluteus Maximus Activation	0.5	None
Brookbush Institute of Human Movement Science	Posterior Oblique Subsystem Integration	0.5	None
Brookbush Institute of Human Movement Science	Anterior Oblique Subsystem Integration	0.5	None
Brookbush Institute of Human Movement Science	Shoulder Internal Rotator and Posterior Deltoid: Release and Lengthening	0.5	None
Brookbush Institute of Human Movement Science	Scapular Muscle: Release and Lengthening	0.5	None
Brookbush Institute of Human Movement Science	Plantar Flexor: Release and Lengthening	0.5	None
Brookbush Institute of Human Movement Science	Deep Cervical Flexor Activation	0.5	None
Brookbush Institute of Human Movement Science	Self-Administered Joint Mobilizations: Lower Extremity	2	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Power Training (High Velocity Training): Introduction	1.5	None
Brookbush Institute of Human Movement Science	Vibration release techniques: Upper Body	1	None
Brookbush Institute of Human Movement Science	Performance Program Design	5	None
Brookbush Institute of Human Movement Science	Corrective Exercise Lab	8	None
Brookbush Institute of Human Movement Science	The effects of local vibration	0.5	None
Brookbush Institute of Human Movement Science	Power (High-Velocity) Training: Lower Body	1	None
Brookbush Institute of Human Movement Science	Integrated Exercise Progressions	0.5	None
Brookbush Institute of Human Movement Science	Deadlift progressions	0.5	None
Brookbush Institute of Human Movement Science	Legs/Triple Extension Progressions	0.5	None
Brookbush Institute of Human Movement Science	Shoulder/Overhead Progressions	0.5	None
Brookbush Institute of Human Movement Science	Back/Pulling Progressions	0.5	None
Brookbush Institute of Human Movement Science	Chest/Pushing Progressions	0.5	None
Brookbush Institute of Human Movement Science	Stability Training	1	None
Brookbush Institute of Human Movement Science	Muscle Fibre Dysfunction and Trigger Points	1	None
Brookbush Institute of Human Movement Science	Muscle Fibre Types	0.5	None
Brookbush Institute of Human Movement Science	Muscle Cell Structure and Function	0.5	None
Brookbush Institute of Human Movement Science	Comparing Shoulder External Rotator Exercises	0.5	None
Brookbush Institute of Human Movement Science	Regional Interdependence: Trunk and Lower Extremity	0.5	None
Brookbush Institute of Human Movement Science	Regional Interdependence: Hip and Ankle	0.5	None
Brookbush Institute of Human Movement Science	Does Movement Impairment Precede Knee Pain and Injury?	0.5	None
Brookbush Institute of Human Movement Science	Cervical Spine	1.5	None
Brookbush Institute of Human Movement Science	Sternoclavicular, Acromioclavicular and Scapulothoracic	1.5	None
Brookbush Institute of Human Movement Science	Hip	1.5	None
Brookbush Institute of Human Movement Science	External Obliques	1	None
Brookbush Institute of Human Movement Science	Rectus Abdominus and Pyramidalis	1	None
Brookbush Institute of Human Movement Science	Adductors	1	None
Brookbush Institute of Human Movement Science	Deep neck flexors	1	None



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Organisation name	CPD Title	CPD Points	Professional Standard
Brookbush Institute of Human Movement Science	Coracobrachialis	1	None
Brookbush Institute of Human Movement Science	Tibialis Anterior	1	None
Brookbush Institute of Human Movement Science	Deltoids	1	None
Brookbush Institute of Human Movement Science	Extensor Hallucis Longus and Extensor Digitorum Longus and Fibularis Tertius	1	None
Brookbush Institute of Human Movement Science	Erector Spinae	1	None
Brookbush Institute of Human Movement Science	Teres Major	1	None
Brookbush Institute of Human Movement Science	Rhomboids	1	None
Brookbush Institute of Human Movement Science	Latissimus Dorsi	1	None
Brookbush Institute of Human Movement Science	Pectoralis Major	1	None
Brookbush Institute of Human Movement Science	Infraspinatus and Teres Major	1	None
Brookbush Institute of Human Movement Science	Subscapularis	1	None
Brookbush Institute of Human Movement Science	Supraspinatus	1	None
Brookbush Institute of Human Movement Science	Popliteus	1	None
Brookbush Institute of Human Movement Science	Ankle Joint Actions and Muscles	1	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Functional Anatomy by Joint Action and Exercise of the Lower Body	1	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	The Spine and Trunk Muscles	1	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Trunk Muscles Graph, Additional Core Muscles and Core Exercise Challenge	1	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	More on the Human Movement Systems: Introduction to Functional Anatomy	1	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Functional Roles of Muscles	1	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Overhead Squat Assessment (Part 1): Signs of Dysfunction	1	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Introduction to Human Movement Science	1	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Overhead Squat Assessment (Part 2): Sign Clusters and Compensation Patterns	2	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Basics of Human Movement Systems	1	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Joints of the Shoulder Girdle and Scapular Joint Actions	1	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Muscles of the Scapula	1	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Rotator Cuff	1	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Deltoids	1	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Pectoralis Major, Latissimus Dorsi and Teres Major	1	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Arm Muscles	1	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Functional Anatomy by Joint Action and Exercise of the Upper Body	1	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Hip Flexors and Anterior Thigh Muscles	1	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Posterior Hip (Gluteus Maximus, Medius, Minimus, and Piriformis)	1	Personal trainer (Occupation)
Brookbush Institute of Human Movement Science	Hamstrings and Adductors	1	Personal trainer (Occupation)
BTN Academy	The BTN Foundation Academy	10	None
Bullet Fitness	Bullet Bounce	8	Core group exercise instructor (Occupation)





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Organisation name	CPD Title	CPD Points	Professional Standard
Burrell Education	Woman on Fire 2021 Online	10	None
Burrell Education	Kinesiotaping in Pregnancy and Post Birth	10	Working with antenatal and postnatal clients (Populations)
Burrell Education	Meno-Strength - The A-Z of Strength Programming for the Midlife Female Client	10	None
Burrell Education	Working with The Pre/Post Natal Client Outdoors On-Line Global Certification	10	Working with antenatal and postnatal clients (Populations)
Burrell Education	Women's Wellness and Whole Body Vibration Workshop	10	None
Burrell Education	Pelvic Flow And Freedom – Pelvis and Pelvic Floor Mobilization Re-Imagined	10	None
Burrell Education	Breathe Better – Optimizing Respiration for Health, Vitality and Core Function	10	None
Burrell Education	Optimal Nutrition & Lifestyle for Post Natal Healing & Recovery	10	Working with antenatal and postnatal clients (Populations)
Burrell Education	Advanced Pregnancy Wellness Practitioner – Level 2	10	Working with antenatal and postnatal clients (Populations)
Burrell Education	3rd Age Woman	10	None
Burrell Education	Optimal Health After Hysterectomy	10	None
Burrell Education	Advanced Post Natal Wellness Practitioner – Level 2	10	Working with antenatal and postnatal clients (Populations)
Burrell Education	Pelvic Floor and Core Foundations	10	None
Burrell Education	C-Section, Hysterectomy and Abdominal Scar Immersion	10	Working with antenatal and postnatal clients (Populations)
Burrell Education	Certificate in The Wellbeing and Health of Girls	7.5	None
Cancer United – CU Fitter	CU Fitter Award in the Applied Delivery of Cancer Exercise	10	None
CanRehab	Revalidation course	10	Working with people with long term conditions (Populations)
CanRehab	CanRehab Level 4 Cancer and Exercise Rehabilitation	10	None
CanRehab	Core Cancer Support Training Course	10	None
CAWS	Rebuild™	10	None
CAWS	The Battle Cancer Program Level 1 Certification	3	None
CETI	Cancer Exercise Specialist	10	None
Chris Handbury School of Qigong	Ba Duan Jin Qigong Instructor Certificate	10	Qigong for Health and Wellbeing (technical)
Choreographytogo	Fitness Pilates	10	None
CIMSPA	CIMSPA Insight Webinar: The UK Sport & Physical Activity Workforce 2020	0.5	None
Claire's Pilates Studio	Barre Pilates Method Teacher Training Workshop	3	None
Coach Centered Limited	Introduction to Coaching Course	6	Assistant coach (Occupation)
Coach Centered Limited	Conference Content for Rugby Union Coaches	3.5	None
Concussion Rebalanced	CONCUSSION AWARENESS TRAINING	2	Coach (Occupation) Working with people with long term conditions (Populations)
Core Exercise Solutions LLC	Pregnancy and Postpartum Corrective Exercise Specialist	10	Working with antenatal and postnatal clients (Populations)
Core Exercise Solutions LLC	Pelvis Pro	10	Personal trainer (Occupation)
David Lloyd Clubs	BATTLEBOX CCEM 2 – SUMMER 2022	2	Core group exercise instructor (Occupation)
David Lloyd Clubs	IGNITE CCEM 2 – SUMMER 2022	2	Core group exercise instructor (Occupation)
David Lloyd Clubs	CYCLONE CCEM 2 – SUMMER 2022	2	Core group exercise instructor (Occupation)
David Lloyd Clubs	RHYTHM CCEM 2 – SUMMER 2022	2	Core group exercise instructor (Occupation)



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Organisation name	CPD Title	CPD Points	Professional Standard
David Lloyd Clubs	SPIRIT CCEM 2 - SUMMER 2022	2	Core group exercise instructor (Occupation)
David Lloyd Clubs	BLAZE CCEM 2 - SUMMER 2022	2	Core group exercise instructor (Occupation)
David Lloyd Clubs	Rhythm: Continued Coach Education Module (CCEM) 1	4	Core group exercise instructor (Occupation)
David Lloyd Clubs	IGNITE CCEM 1	4	Core group exercise instructor (Occupation)
David Lloyd Clubs	CYCLONE CCEM 1	4	Core group exercise instructor (Occupation)
David Lloyd Clubs	SPIRIT CCEM 1	4	Core group exercise instructor (Occupation)
David Lloyd Clubs	BLAZE CCEM 1	4	Core group exercise instructor (Occupation)
David Lloyd Clubs	BATTLEBOX CCEM 1	4	Core group exercise instructor (Occupation)
David Lloyd Clubs	BATTLEBOX Instructor Training - Certification Course	10	Core group exercise instructor (Occupation)
David Lloyd Clubs	BLAZE Instructor Training - Certification Course	10	Core group exercise instructor (Occupation)
David Lloyd Clubs	IGNITE Instructor Training - Certification Course	10	Core group exercise instructor (Occupation)
David Lloyd Clubs	CYCLONE Instructor Training - Certification Course	10	Core group exercise instructor (Occupation)
David Lloyd Clubs	RHYTHM Instructor Training - Certification Course	10	Core group exercise instructor (Occupation)
David Lloyd Clubs	SPIRIT Instructor Training - Certification Course	10	Core group exercise instructor (Occupation)
David Lloyd Clubs	BATTLEBOX CCEM 2022 WINTER	2	Core group exercise instructor (Occupation)
David Lloyd Clubs	BLAZE CCEM 2022 WINTER	2	Core group exercise instructor (Occupation)
David Lloyd Clubs	CYCLONE CCEM 2022 WINTER	2	Core group exercise instructor (Occupation)
David Lloyd Clubs	IGNITE CCEM 2022 WINTER	2	Core group exercise instructor (Occupation)
David Lloyd Clubs	RHYTHM CCEM 2022 WINTER	2	Core group exercise instructor (Occupation)
David Lloyd Clubs	SPIRIT CCEM 2022 WINTER	2	Core group exercise instructor (Occupation)
David Lloyd Clubs	IGNITE CCEM 2023 SPRING	2	Core group Exercise instructor (Occupation)
David Lloyd Clubs	CYCLONE CCEM 2023 SPRING	2	Core group Exercise instructor (Occupation)
David Lloyd Clubs	BATTLEBOX CCEM 2023 SPRING	2	Core group Exercise instructor (Occupation)
David Lloyd Clubs	BLAZE CCEM 2023 Spring	2	Core group Exercise instructor (Occupation)
David Lloyd Clubs	SPIRIT CCEM 2023 SPRING	2	Core group Exercise instructor (Occupation)
David Lloyd Clubs	RHYTHM CCEM 2023 Spring	2	Core group Exercise instructor (Occupation)
David Lloyd Clubs	SPIRIT CCEM 2023 SUMMER	2	Core group Exercise instructor (Occupation)
David Lloyd Clubs	IGNITE CCEM 2023 SUMMER	2	Core group Exercise instructor (Occupation)
David Lloyd Clubs	BLAZE CCEM 2023 SUMMER	2	Core group Exercise instructor (Occupation)
David Lloyd Clubs	RHYTHM CCEM 2023 SUMMER	2	Core group Exercise instructor (Occupation)
David Lloyd Clubs	CYCLONE CCEM 2023 SUMMER	2	Core group Exercise instructor (Occupation)
Disability Sports Coach	Inclusive Coaching Workshop	3	Coach (Occupation), Working inclusively - working with disabled people (population)
Disability Sports Coach	Adapted Sports Course	6	Coach (Occupation), Working inclusively - working with disabled people (population)
DMB Education	Funky Pump Jedi Instructor	10	Core group exercise instructor (Occupation)
Dr Golf Global	Advanced Certification	10	Graduate strength and conditioning coach (Occupation)



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Organisation name	CPD Title	CPD Points	Professional Standard
Drummond Education Health and Fitness Academy	Level 4 Pilates Therapy Exercise	10	None
eCoach	Tackling Racism in Sport	3	Coach (Occupation)
eCoach	Safeguarding and Protecting Children in Sport	3	Coach (Occupation)
eCoach	Mental Health and Wellbeing in Sport	3	Coach (Occupation)
eCoach	Creating Connections - Engaging Teenage Girls in your Sport	2	Coach (Occupation)
eCoach	Creating Connections - Engaging with Diverse Communities	2	Coach (Occupation)
eCoach	Mental Health in Young Players	2	Coach (Occupation)
eCoach	Equality and Diversity in Sport	3	Coach (Occupation)
Edenfield Training	Emergency First Aid at Work	3.5	None
Edinburgh College	L2 Instructing Kettlebell sessions	10	Core group Exercise instructor (Occupation)
Education & Coaching Academy	Kettlebell Instructor	10	Personal trainer (Occupation) Gym Instructor (Occupation)
European Personal Training Institute	EPTI Award in Outdoor Training	6	None
European Personal Training Institute	EPTI Certificate in Instructing Suspension Training	10	None
European Personal Training Institute	EPTI Certificate in Instructing Kettlebells	10	Core group exercise instructor (Occupation)
European Personal Training Institute	EPTI Certificate in Instructing Circuits	10	Core group exercise instructor (Occupation)
European Personal Training Institute	EPTI Level 4 Certificate in Posture and Corrective Exercise	10	None
European Personal Training Institute	EPTI Award in PT Padwork	5.5	None
Everybody Health & Leisure	Everybody Essential Safeguarding	3	Safeguarding Adults (technical)
Everybody Health & Leisure	Covid-19 Manager	0.75	None
Everybody Health & Leisure	Health and Safety Fundamentals	3	None
Everybody Health & Leisure	Safeguarding for Teachers & Coaches	4	Safeguarding Children (technical)
Everyone Active	Adolescent Exercise and Induction Course	4	None
Everyone Active	Everyone Active Battle Rope Essentials	0.5	None
Everyone Active	Everyone Active Aqua Aerobics	10	Core group exercise instructor (Occupation)
Everyone Active	Emerging General Manager Training Programme	10	Entry manager - Leisure Operations Management (Occupation)
Everyone Active	Everyone Active -Foam Roller Essentials	0.5	None
Everyone Active	Everyone Active-Suspension Training Essentials	0.5	None
Exact Training	Exercise and Chronic Fatigue	1.5	None
Exact Training	Diploma in Physical Activity and Wellbeing for Adults with Mental Health Conditions	10	Working with people with long term conditions (Populations)
Exercise Therapy Association	Exercise Therapy Lower Body Mastery	10	Personal trainer (Occupation)
Faster Health and Fitness Limited	Movement Coaching	10	Personal trainer
Faster Health and Fitness Limited	HMAC – Field Based Biomechanics Skills	10	Personal trainer
Faster Health and Fitness Limited	FASTER Hub Club – Anatomy, Biomechanics, Sports Performance, Injury recovery and more...	10	Personal trainer



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Organisation name	CPD Title	CPD Points	Professional Standard
Faster Health and Fitness Limited	Injury to Performance Specialist	10	Working with people with long term conditions (Populations)
Faster Health and Fitness Limited	Motor Skill Application Specialist	10	Personal trainer
fitkitpro	Fitkitpro Certified Coach Suspension Training Course	4	None
Fitness Training Scotland	Kettlebell Instructor Award	10	Gym Instructor (Occupation)
Fitness Education Online	Mobility Essentials for Fitness Professionals (Level 1)	10	Personal trainer (Occupation)
Fitness Education Online	Mobility Essentials for Fitness Professionals (Level 2)	10	Personal trainer (Occupation)
Fitness Education Online	Training Older Adults (Level 1)	10	Personal trainer (Occupation)
Fitness Education Online	Training Older Adults Level 2	10	Personal trainer (Occupation)
Fitness Education Online	Pregnancy Summit	10	Working with antenatal and postnatal clients (Populations)
Fitness Education Online	Online Essentials for Fitness Professionals	10	Personal trainer (Occupation)
Fitness Education Online	Kettlebell Essentials for Fitness Professionals	10	Personal trainer (Occupation)
Fitness Education Online	Kettlebell Essentials for Fitness Professionals (Level 2)	10	Personal trainer (Occupation)
Fitness Education Online	Training Menopausal and Peri Menopausal Women	8	Personal trainer (Occupation)
FitPro	Webinar - Jump Mechanics in Parkour: Power, Precision and Impact Absorption	0.5	
FitPro	Webinar - Everything is connected to everything	0.5	
FitPro	Every Movement Counts	0.5	None
FitPro	Mobility Essentials	8.5	
FitPro	Myofascial Training – The Comprehensive Guide	8.5	
FitPro	A-Z of Program Design : Squat Performance	1.5	
FitPro	A-Z of Program Design : Plyometric Training	1	
FitPro	Webinar - Understanding and Working with Hypermobile Bodies	0.5	
FitPro	The Science of Delivering an Online Experience	0.5	None
FitPro	Enable: Enhancing lives through exercise for clients with disabilities	0.5	None
FitPro	Cancer and Exercise - Movement Matters	0.5	None
FitPro	Shortcuts for Small Group Training Programme Design	1.5	None
FitPro	Rest and Recovery - Maximise fitness results utilising strategic rest intervals.	1	None
FitPro	Webinar - Ageless Intensity	0.5	None
FitPro	Exercise, Brain Health and Cognition	2	None
FitPro	Webinar - Exercise, Brain Health and Cognition	0.5	None
FitPro	Webinar - The Secret to Programme Design for Small Group Training	0.5	None
FitPro	Antenatal Core Training	3.5	None
FitPro	Introduction to Osteoporosis and the Fit Pro - Webinar	0.75	None
FitPro	Low carb diets: the evidence & the application	0.5	None
FitPro	Move to Improve	1.5	None
FitPro	Osteoporosis and Pilates	4	None
FitPro	TRX for Female Athlete	0.5	None



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Organisation name	CPD Title	CPD Points	Professional Standard
FitPro	TRX for Golf Specialisation Course	2.5	None
FitPro	TRX for Yoga Hip Openings	0.5	None
FitPro	TRX for YOGA Inversions	0.75	None
FitPro	Webinar - What's worth working on; the secrets to business brilliance with Adam Daniel	0.5	None
FitPro	Growing Your Business - What Got You Here, Won't Get You There!	2	None
FitPro	Coaching Essentials – Proven Techniques for Successful Behaviour Change	2.5	None
FitPro	Bone and Joint Mapping: The Ankle and Foot	1	None
FitPro	Bone and Joint Mapping: The Hip	1	None
FitPro	Bone and Joint Mapping: The Knee	1	None
FitPro	Bone and Joint Mapping: The Lower Body Series	2.5	None
FitPro	Functional Strength for Ageing Populations	1.5	None
FitPro	S & C – Advanced Periodisation, Programming and Training Principles	1.5	None
FitPro	Virtual Training Specialist	1.5	None
FitPro	Business Fundamentals in Fitness	2.5	None
FitPro	How to help clients with their pain: a neurophysiological perspective	0.5	None
FitPro	Training Clients with Joint Replacements	2	None
FitPro	S & C – Foundation Needs Analysis	1	None
FitPro	An Introduction to Sciatica - Symptom not Condition with Cherry Baker	0.75	None
FitPro	The Yellow Brick Road - a 4-part framework for coaching clients in pain	1.5	None
FitPro	Enable Creating Awareness, A Sense of Belonging, To Enhance Lives, Through Exercise. Everyone Deserves the Opportunity to Exercise	4.5	None
FitPro	Debunking the myths on strength training	0.5	None
FitPro	Stroke and Exercise Professional	1	None
FitPro	Obesity and Diabetes Webinar	0.5	None
FitPro	How the fitness industry can lead the post COVID-19 recovery by pivoting to public health	0.5	None
FitPro	Taking PT live Online	1.5	None
FitPro	How to use Corrective Exercise in Personal Training	0.5	None
FitPro	Arthritis and Osteoporosis: An understanding and appropriate exercise interventions	2.5	None
FitPro	Training for Premenopause through to post-menopause	0.5	None
FitPro	Intermittent fasting - the right approach for your clients	0.5	None
FitPro	Training client's with long-term health conditions	0.5	None
FitPro	Creating Behaviour Based Programmes	1	None
FitPro	Fitpro spring convention	1	None
FitPro	Parkinson's Pro - Parkinson's Disease and the Exercise Professional	5	None



## Training Provider Partner – Endorsed CPD

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Organisation name	CPD Title	CPD Points	Professional Standard
FitPro	Pelvic Floor	2	None
FitPro	Gary Gray Chain Reaction	2	None
FitPro	Part 1: 100 Steps to Plank: Building Abdominal Strength for Every Female Client	2.5	None
FitPro	ViPR Loaded Movement Training Level 2	3	None
FitPro	Nutrition Strategies for Strength and Size	5	None
FitPro	Sciatica – Symptom or Condition? Training for the fitness professional	5	None
FitPro	Commanding Boot Camp Success	2	None
FitPro	Mindset Performance Credential Level 2	4.5	None
FitPro	Osteoporosis – Be a Bone Hero	2	None
FitPro	Personalising your Group Training Experience	1	None
FitPro	Get Known	2.5	None
FitPro	Cancer and exercise – the basics	2.5	None
FitPro	Joints and Bones (FitPro)	2.5	None
FitPro	Body Weight	0.5	None
FitPro	Intermittent Fasting – Fad or Future?	1	None
FitPro	Osteoporosis and Exercise	1.5	None
FitPro	Vipr	2	None
FitPro	Build your Coaching Business	1.5	None
FitPro	Outsmarting Weight Loss Plateaus	0.75	None
FitPro	Advanced postnatal core training and returning to running	2	None
FitPro	Early Postnatal programming	4	None
FitPro	Certified Functional Aging Specialist	5	None
FitPro	Fitness Professionals Limited – PowerWave Level 1 Group Exercise Certificate	10	None
FitPro	A-Z Elite Teaching	2	None
FitPro	A Guide to PCOS - What every Fitness Professional needs to know	2.5	None
FitPro	Move to the Beat (FitPro)	1.5	None
FitPro	Behaviour Change in Exercise (BCE)	10	None
FitPro	Motivation, Movement and Programme Design	1	None
FitPro	Sports Nutrition for Endurance	3	None
FitPro	ViPR Loaded Movement Training Level 1	2	None
FitPro	Maximising your Marketing, Minimising your Admin for Personal trainers	5	None
FitPro	The 7 Principles of Successful Websites	0.5	None
FitPro	ViPR Kids	2	None
FitPro	Dynamic Bodyweight Pilates	2	None
FitPro	Food for Thought - Eating and Exercise for Mental Health	2	None
FitPro	FasTrack in Personal Training	4	None



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Organisation name	CPD Title	CPD Points	Professional Standard
FitPro	Mindset Performance Credential Level 1	5	None
FitPro	Maximum Strength and Absolute Power	5	None
FitPro	Pilates for Strength Training	3	None
FitPro	Intermediate Matwork Pilates	2.5	None
FitPro	Pilates for Hips and Shoulders	4.5	None
FitPro	The Complete Corrective Exercise Library	10	None
FitPro	The Fundamentals of Corrective Exercise	8.5	None
FitPro	The Fundamentals of Structural Assessment	6.5	None
FitPro	Understanding Muscles and Movement	7	None
FitPro	Corrective Exercise Program Design	6.5	None
FitPro	Exercise strategy for perimenopause to post-menopause	2	None
FitPro	Pelvic balance	2	None
FitPro	BARE Workout Instructor Certification	2.5	None
FitPro	The Biomechanics Method Corrective Exercise Specialist	10	None
FitPro	Respiratory conditions for Exercise Professionals	0.5	None
FitPro	Foot function and fascial lines	0.5	None
FitPro	Prostate cancer for exercise professionals	0.5	None
FitPro	Kidney disease and exercise	0.5	None
FitPro	Webinar - Working with chronic pain clients from consultation to programming	0.5	None
FitPro	Webinar - Understanding nutrition – Mythbusting, oversimplification and better thinking	0.5	None
FitPro	Webinar - Blood flow restriction – from research to practice	0.5	None
FitPro	Food as Medicine? Food and inflammation	0.5	None
FitPro	Webinar - Strength and Power Training for Older Adults: From Research to Practice	0.5	None
FitPro	Practical Fitness Testing	4	None
FitPro	Hypermobility: Exercise as Medicine	2	None
FitPro	Journey Into Yoga for FitPros	1.5	None
FitPro	Plant Based Eating – Your essential guide	1	None
FitPro	SpineSafe Pilates	0.5	None
FitPro	How to adapt your Pilates exercises for a pregnant client in your mainstream Pilates class	0.5	None
FitPro	Dining Chair Pilates Pilates using the household dining chair and a resistance band (this is for able bodies)	0.5	None
FitPro	Big Toe Basics	0.5	None
FitPro	The Neuropathic Client	0.5	None
FitPro	Walking Speed & Movement Longevity	0.5	None



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Organisation name	CPD Title	CPD Points	Professional Standard
FitPro	MOSSA Group Active Initial Training (Online)	9	Core group Exercise instructor (Occupation)
FitPro	MOSSA Group Ride/R30 Initial Training (Online)	10	Core group Exercise instructor (Occupation)
FitPro	MOSSA Group Blast Initial Training (Online)	10	Core group Exercise instructor (Occupation)
FitPro	MOSSA Group Centergy Initial Training (Online)	10	Core group Exercise instructor (Occupation)
FitPro	MOSSA Group Fight	10	Core group Exercise instructor (Occupation)
FitPro	MOSSA Group Core Initial Training (Online)	5	Core group Exercise instructor (Occupation)
FitPro	MOSSA Group Power Initial Training (Online)	10	Core group Exercise instructor (Occupation)
FitPro	MOSSA Group Groove Initial Training (Online)	9	Core group Exercise instructor (Occupation)
FitPro	The Group Exercise Instructor Marketing Toolkit	4	Core group Exercise instructor (Occupation)
FitPro	7 Steps of Effective Selling	0.5	None
FitPro	The Business Acumen Planning and Skills	2	None
FitPro	The foundations of running a business	0.5	None
FitPro	Understanding and Filling Your Strategic Gap	0.25	None
FitPro	MEMORY SKILLS FOR EXERCISE PROFESSIONALS	0.5	None
FitPro	Pilates with Props	1.5	None
FitPro	Pilates for Pregnancy	2.5	None
FitPro	A-Z of Program Design : Maximal Aerobic Speed	0.5	None
FitPro	A-Z of Program Design Speed & Agility	1	None
FitPro	Motor Learning Webinar Series	1.5	None
FitPro	ViPR Loaded Movement Training	1.5	None
FitPro	Introduction to Parkour: Practical Movement Training	2	None
FitPro	Webinar - Foundation Movement Skills Training: How a focus on brilliant basics is raising the performance ceiling	0.5	None
Flexercise	Flexercise Essentials	4	None
FLM Training	Group Indoor Cycling	8	Gym Instructor (Occupation)
FLX Academy	Assisted stretching level 1	10	Personal trainer (Occupation)
Forces Fitness	Level 3 Fitness Training and Testing Techniques	10	Personal trainer (Occupation)
FUNction Fitness UK	Inclusive Development training	2	None
Future Fit	Finance 101	0.75	Personal trainer (Occupation)
Future Fit	Business 101	0.75	Personal trainer (Occupation)
Future Fit	The effects of music on your training session	0.75	Personal trainer (Occupation)
Future Fit	Movement Patterns: The Pull (Part 2 of 2)	0.25	Personal trainer (Occupation)
Future Fit	Movement Patterns: The Pull (Part 1 of 2)	0.25	Personal trainer (Occupation)
Future Fit	My favourite muscles - Adductor Magnus	0.75	Personal trainer (Occupation)
Future Fit	How to Work With a Female Client's Menstrual Cycle for Better Results	0.75	Personal trainer (Occupation)
Future Fit	Movement Patterns: The Push (Part 1 of 2)	0.25	Personal trainer (Occupation)





# Training Provider Partner – Endorsed CPD

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Organisation name	CPD Title	CPD Points	Professional Standard
Future Fit	Movement Patterns: The Push (Part 2 of 2)	0.25	Personal trainer (Occupation)
Future Fit	Health Seeker	0.5	None
Future Fit	Transforming trauma	0.75	Personal trainer (Occupation)
Future Fit	Covid 19 Rehabilitation	3	Working with people with long term conditions (Populations)
Future Fit	Why square pegs don't fit into round holes; and how this affects your success as a fitness professional (Part 1 of 2)	0.25	Personal trainer (Occupation)
Future Fit	Why square pegs don't fit into round holes; and how this affects your success as a fitness professional (Part 2 of 2)	0.25	Personal trainer (Occupation)
Future Fit	Warm up for runners	0.5	Personal trainer (Occupation)
Future Fit	How to extend your career as a fitness professional to retirement age	0.5	Personal trainer (Occupation)
Future Fit	How to adapt your style for different body types and shapes	0.5	Personal trainer (Occupation)
Future Fit	Movement patterns: The Squat (Part 1 of 2)	0.5	Personal trainer (Occupation)
Future Fit	Movement patterns: The Squat (Part 2 of 2)	0.5	Personal trainer (Occupation)
Future Fit	Movement patterns: The Hinge (Part 1 of 2)	0.5	Personal trainer (Occupation)
Future Fit	Movement patterns: The Hinge (Part 2 of 2)	0.5	Personal trainer (Occupation)
Future Fit	Legionella awareness	2	Pool plant operative (Occupation)
Future Fit	COSHH	2	Gym Instructor (Occupation)
Future Fit	The Placebo Effect of Dietary Habits: Neuroscience and Conditioning	0.75	Personal trainer (Occupation)
Future Fit	Add value to your business and charge more	0.75	Personal trainer (Occupation)
Future Fit	Communication 101: The most important part of your business	0.75	Personal trainer (Occupation)
Future Fit	Offer more. Charge more: How to increase high-ticket sales with high quality coaching products	0.75	Personal trainer (Occupation)
Future Fit	Top 10 mistakes in the KB swing and how to correct them (Part 2 of 2)	0.75	Personal trainer (Occupation)
Future Fit	Top 10 mistakes in the KB swing and how to correct them (Part 1 of 2)	0.75	Personal trainer (Occupation)
Future Fit	Training the hamstrings for 'authentic function' in the game of life and sport	0.75	Personal trainer (Occupation)
Future Fit	Why you should play the long game with dieting for fat loss	0.75	Personal trainer (Occupation)
Future Fit	Get more clients by juggling the carrot and the stick	0.75	Personal trainer (Occupation)
Future Fit	The placebo effects of popular supplementation in recreational exercise and athletic sport	0.75	Personal trainer (Occupation)
Future Fit	Why you should train the shoulders multiple times per week for maximum growth (Part 1 of 2)	0.25	Personal trainer (Occupation)
Future Fit	Why you should train the shoulders multiple times per week for maximum growth (Part 2 of 2)	0.25	Personal trainer (Occupation)
Future Fit	Does your plank need an upgrade?	0.75	Personal trainer (Occupation)
Future Fit	How to keep workouts interesting and fresh (Part 1 of 2)	0.25	Personal trainer (Occupation)
Future Fit	How to keep workouts interesting and fresh (Part 2 of 2)	0.25	Personal trainer (Occupation)
Future Fit	What is all the fuss about a 6-figure business and do I need one?	0.75	Personal trainer (Occupation)
Future Fit	Fire Safety Awareness	1	Gym Instructor (Occupation)



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Organisation name	CPD Title	CPD Points	Professional Standard
Future Fit	Risk Assessment	2	Gym Instructor (Occupation)
Future Fit	Asbestos	1	Gym Instructor (Occupation)
Future Fit	Children's Physical Activity Instructor	3	Working with children (Populations) Working with children 0-5 (Populations)
Future Fit	Planning and Delivering Physical Activity for Children	3	Working with children (Populations)
Future Fit	Sciatica: What is it and what can you do about it?	0.75	Personal trainer (Occupation)
Future Fit	Are you planning to fail? Or just failing to plan?	0.75	Personal trainer (Occupation)
Future Fit	Tactical Glute training: What to consider (Part 1 of 2)	0.25	Personal trainer (Occupation)
Future Fit	Tactical Glute training: What to consider (Part 2 of 2)	0.25	Personal trainer (Occupation)
Future Fit	Variety is the spice of 'personal training' life	0.75	Personal trainer (Occupation)
Future Fit	Functional hypertrophy: Theory and practical application	0.75	Personal trainer (Occupation)
Future Fit	Ethical and effective business systems that you should consider	0.75	Personal trainer (Occupation)
Future Fit	Helping your clients to run faster, further, and for longer	0.75	Personal trainer (Occupation)
Future Fit	Placebo effects in Sport, Exercise, and Training	0.75	Personal trainer (Occupation)
Future Fit	Tutor Standardisation Meeting	0.5	None
Future Fit	COVID-19 awareness - reactivate to engage	1	Working with people with long term conditions (Populations)
Future Fit	Improving communication - reactivate to engage	1	Health Navigator (Occupation)
Future Fit	Engaging inactive individuals - reactive to engage	1	Health Navigator (Occupation) Working with people with long term conditions (Populations)
Future Fit	Get more leads	0.75	Personal trainer (Occupation)
Future Fit	How to get better leads	0.75	Personal trainer (Occupation)
Future Fit	8 Things Your Clients Might Not Know About Training	0.75	Personal trainer (Occupation)
Future Fit	Training the glutes	0.75	Personal trainer (Occupation)
Future Fit	Making money from 'free' seminars	0.75	Personal trainer (Occupation)
Future Fit	5 great lessons from boredom	0.75	Personal trainer (Occupation)
Future Fit	How to set up for success in your first year (Part 1 of 2)	0.75	Personal trainer (Occupation)
Future Fit	How To Set Up For Success in Your First Year (Part 2 of 2)	0.75	Personal trainer (Occupation)
Future Fit	How to open your own business (Part 1 of 2)	0.75	Personal trainer (Occupation)
Future Fit	How to open your own business (Part 2 of 2)	0.75	Personal trainer (Occupation)
Future Fit	How to get stronger without getting bigger		Personal trainer (Occupation)
Future Fit	Is stress affecting your clients training results? (Part 1)	0.25	Personal trainer (Occupation)
Future Fit	Is stress affecting your clients training results (Part 2)	0.25	Personal trainer (Occupation)
Future Fit	The art of attraction for the fitness business	0.75	Personal trainer (Occupation)
Future Fit	Steer clear of bugs this winter	0.75	Personal trainer (Occupation)
Future Fit	How to improve clients' dietary behaviours Part 2 of 2	0.25	Personal trainer (Occupation)
Future Fit	Programming with RM's (repetition maxes) instead of %'s (part 2)	0.25	Personal trainer (Occupation)



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Organisation name	CPD Title	CPD Points	Professional Standard
Future Fit	Programming with RM's (repetition maxes) instead of %'s (part 1)	0.25	Personal trainer (Occupation)
Future Fit	Helping Clients who have 'lost' who they are		Personal trainer (Occupation)
Future Fit	The Squat Part 2 of 2		Personal trainer (Occupation)
Future Fit	Posture Assessment Part 2 of 2 (Dynamic)	0.25	Personal trainer (Occupation)
Future Fit	Should I Exchange Time for Money?	1	Personal trainer (Occupation)
Future Fit	The detrimental effects of stress	0.75	Personal trainer (Occupation)
Future Fit	Fire Marshall		Gym Instructor (Occupation)
Future Fit	How to improve clients' dietary behaviours Part 1 of 2	0.25	Personal trainer (Occupation)
Future Fit	The Squat Part 1 of 2	0.75	Personal trainer (Occupation)
Future Fit	Semi-private coaching - are you doing it wrong	0.75	Personal trainer (Occupation)
Future Fit	The Role of a Good Personal Trainer	0.75	Personal trainer (Occupation)
Future Fit	Health and safety	1	Gym Instructor (Occupation)
Future Fit	Do genetics limit our progress? Part 2 of 2	0.5	Personal trainer (Occupation)
Future Fit	Do genetics limit our progress? Part 1 of 2	0.5	Personal trainer (Occupation)
Future Fit	Transformational Leadership	10	Entry manager - Exercise and Fitness Management (Occupation) General manager - Exercise and Fitness Management (Occupation)
Future Fit	Mental Health Awareness	1	Health Navigator (Occupation)
Future Fit	How much can I earn as a Personal Trainer?	0.75	Personal trainer (Occupation)
Future Fit	The ONE exercise you NEED to be coaching	0.75	Personal trainer (Occupation)
Future Fit	Mistakes Personal Trainers make – Playing the blame game	0.75	Personal trainer (Occupation)
Future Fit	How to beat cellulite	0.75	Personal trainer (Occupation)
Future Fit	One size doesn't fit all; common mistakes	0.75	Personal trainer (Occupation)
Future Fit	Managing energy systems – the guide to effective recovery	0.75	Personal trainer (Occupation)
Future Fit	Creating a Bionic Chest!	0.75	Personal trainer (Occupation)
Future Fit	Corrosion from conformity	0.75	Personal trainer (Occupation)
Future Fit	GDPR	2	Gym Instructor (Occupation)
Future Fit	Equality and Diversity	2	Gym Instructor (Occupation)
Future Fit	Functional Training: Why is it important?	0.75	Personal trainer (Occupation)
Future Fit	Pool Water Testing	2	Pool plant operative (Occupation)
Future Fit	Tips for coming out of lockdown and adapting sessions for clients who have had a reduced programme for most of the last year - Article	0.75	Personal trainer (Occupation)
Future Fit	Getting a Personal Training client in today's climate - Article	0.75	Personal trainer (Occupation)
Future Fit	Advanced Pilates	8	Core group exercise instructor (Occupation)
Future Fit	Safeguarding for Sport and Physical Activity Staff	1.5	None



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Organisation name	CPD Title	CPD Points	Professional Standard
Future Fit	Consider the journey - the eyes of the PT and everyone else Part 1 What the PT journey means to you - Presentation	0.25	Personal trainer (Occupation)
Future Fit	What to consider when a client isn't getting results- Article	0.75	Personal trainer (Occupation)
Future Fit	Marketing Personas - Article	0.75	Personal trainer (Occupation)
Future Fit	Get a grip: the most underutilised aspect of training that can have a big impact on your client's progress - Article	0.75	Personal trainer (Occupation)
Future Fit	Marketing Segmentation - Article	0.75	Personal trainer (Occupation)
Future Fit	Safeguarding Awareness	1	None
Future Fit	Empathy and Emotional Resilience	3	Personal trainer (Occupation)
Future Fit	Mental Health First Aider Unit 1: Awareness	1	"Health Navigator (Occupation) Working in a community environment (Environments) Working with people with long term conditions (Populations)
Future Fit	Training client's with long-term health conditions	0.5	Working with people with long term conditions (Populations)
Future Fit	Advanced Resistance Training	7	Personal trainer (Occupation)
Future Fit	Exercise Referral for Health Management	10	None
Future Fit	Health , fat loss and fitness - programming for the everyday client - Part 2	0.5	None
Future Fit	Nutrition for fat loss: current science	1	None
Future Fit	Functional Training For Older Adults	1	None
Future Fit	Functional Training for Older Adults: injury prevention and improved quality of life	0.5	None
Future Fit	Surviving the Fitness Industry - Part 1 - Short Term Job vs Long Term Career - Introduction to 23 key tips	0.25	None
Future Fit	Fundamentals of fitness testing	1	Personal trainer (Occupation)
Future Fit	Stretching 101 - the Fundamentals of flexibility Training	0.5	Personal trainer (Occupation)
Future Fit	Core Training	6	Personal trainer (Occupation)
Future Fit	Fat 101 - Article	0.75	None
Future Fit	Simple ways to deliver engaging and effective small group training programmes	1	None
Future Fit	Sorting out the basics: common mistakes made by new PT's	1	None
Future Fit	Circuit Training	6	None
Future Fit	Behaviour Change : understand, engage with and action what motivates behaviour change.	1	Personal trainer (Occupation)
Future Fit	Optimum nutrition for optimum health	1	None
Future Fit	Psychology principles to help influence your clients' behaviour	0.5	None
Future Fit	The Big Lifts: the Squat	0.5	Personal trainer (Occupation)
Future Fit	Functional Training	2	None
Future Fit	Functional Equipment Training	6	None
Future Fit	Article - The Importance of Verbal Cuing	0.75	None



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Organisation name	CPD Title	CPD Points	Professional Standard
Future Fit	Nutrition for Sport and Exercise	7	None
Future Fit	Vegetarian, Vegan and Plant-Based Diets	3	None
Future Fit	Advanced programming for fat loss – how to maintain muscle mass and the effects on aesthetic goals	1	Personal trainer (Occupation)
Future Fit	Protein 100 – Article	0.75	None
Future Fit	Exercise for Fat Loss	4	Personal trainer (Occupation)
Future Fit	Suspension Exercise Trainer	6	None
Future Fit	Effective Programming for Fat Loss	1	Personal trainer (Occupation)
Future Fit	Eat to gain Masterclass	0.5	None
Future Fit	The Big Lifts: The deadlift. Who should do it, how to do it and how to get better at it	1	Personal trainer (Occupation)
Future Fit	Complete Kettlebell Trainer	10	None
Future Fit	Using Video to Grow your Business	1	Personal trainer (Occupation)
Future Fit	The modern personal trainer – it's not about counting reps!	0.5	Personal trainer (Occupation)
Future Fit	Childhood Nutrition and Obesity Prevention	10	None
Future Fit	Train to Grow – Muscle Hypertrophy and Resistance training – Part 1	0.5	None
Future Fit	Nutrition for Health and Weight Management	10	None
Future Fit	Building your Fitness Business	6	Personal trainer (Occupation)
Future Fit	Rows and pulls , selection and application	1	None
Future Fit	Injuries in Personal Training	0.5	Personal trainer (Occupation)
Future Fit	PT by the hour is dead: How to design training packages to attract clients in the new year	0.5	Personal trainer (Occupation)
Future Fit	Surviving the Fitness Industry – Part 2 – Short Term Job vs Long Term Career – 7 Key Tips	0.25	None
Future Fit	Intermittent fasting and time restricted eating – part 2	0.5	None
Future Fit	How to identify your niche and market to them effectively	0.5	None
Future Fit	Functional Movement Training	6	Personal trainer (Occupation)
Future Fit	Level 3 Exercise Programming and Coaching	10	None
Future Fit	Why isn't my client losing weight – (physiological conditions to consider)	0.5	Personal trainer (Occupation)
Future Fit	Article – Sensory body Awareness (Future Fit)	1	None
Future Fit	Diabetes – Online Masterclass (Future Fit Training)	1	None
Future Fit	The Rise of Plant-based Diets	1	None
Future Fit	Health , fat loss and fitness – programming for the everyday client – Part 1	0.5	Personal trainer (Occupation)
Future Fit	How to lose weight without counting calories	1	Personal trainer (Occupation)
Future Fit	Be your own human billboard – Part 1	0.5	None
Future Fit	Article – The Art of Attraction for the Fitness Business	0.75	Personal trainer (Occupation)
Future Fit	Common Injuries of PT Clients and what to do about them	0.5	Personal trainer (Occupation)



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Organisation name	CPD Title	CPD Points	Professional Standard
Future Fit	How to set meaningful health and fitness goals and ensure you achieve them	1	Personal trainer (Occupation)
Future Fit	Nutrition for fat loss: current science Part 2	1	None
Future Fit	How to train your female client - what do you need to know	0.5	Personal trainer (Occupation)
Future Fit	Pilates for Common Orthopaedic Conditions	10	None
Future Fit	Train to Grow – Muscle Hypertrophy and Resistance training – Part 2	0.5	Personal trainer (Occupation)
Future Fit	Article - Going beyond - Becoming Better	0.75	Personal trainer (Occupation)
Future Fit	Pilates Small Equipment course	6	None
Future Fit	How to effectively encourage self motivation and adherence to fitness plans and diets	1	Personal trainer (Occupation)
Future Fit	Be your own human billboard - Part 3	0.5	None
Future Fit	Wild Training Part 4 – Wild Cool Downs	0.75	Personal trainer (Occupation)
Future Fit	Food Allergies and Intolerances	0.5	None
Future Fit	Pre and Post Natal Nutrition	6	None
Future Fit	Part 2: Managing Injuries in Personal Training	0.5	None
Future Fit	Food and Shopping Tips Part 1 – The big questions your clients will ask – Answered	0.5	None
Future Fit	Step Induction	5	None
Future Fit	The integrated fitness professional – Muscle mastery	1	Personal trainer (Occupation)
Future Fit	Surviving the fitness industry – Part 4- A Final 7 key tips for survival in the fitness industry	0.25	Personal trainer (Occupation)
Future Fit	Article – Centering – A deep look at the core	0.5	None
Future Fit	Fitt Pilates with small Equipment	4	None
Future Fit	Pilates with Small Mat Equipment	6	None
Future Fit	How to calculate BMR for your client	0.75	Personal trainer (Occupation)
Future Fit	Behaviour Change : If you are a PT you need to be able to understand, engage with and action what motivates behaviour change: A presentation to ensure you achieve the best with your client	0.5	Personal trainer (Occupation)
Future Fit	Article – Are there ‘good’ and ‘bad’ foods? A sports perspective. (Future Fit)	0.75	Personal trainer (Occupation)
Future Fit	Nutrition for Older Adults	4	None
Future Fit	Torso Training and Core Stability	6	None
Future Fit	Article – Training Periodisation	0.75	Personal trainer (Occupation)
Future Fit	Motivational interviewing – Part 2 – In depth review of the MI process for client engagement and autonomy within the weight management process	0.5	Personal trainer (Occupation)
Future Fit	Habit change: Simple steps to coach clients to adopt healthy behaviours	1	Personal trainer (Occupation)
Future Fit	How to build a successful online personal training brand and grow your business	1	Personal trainer (Occupation)
Future Fit	Mixed Martial Arts Conditioning for the Fitness Professional – Part 1 Ground grappling drills	0.5	None



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Organisation name	CPD Title	CPD Points	Professional Standard
Future Fit	How to use social media to attract more clients	1	Personal trainer (Occupation)
Future Fit	Article - What is health and well being	0.75	Personal trainer (Occupation)
Future Fit	Article - Fermented Foods - A Heroic Health Hack !	0.75	Personal trainer (Occupation)
Future Fit	Effective Programming for Strength	1	Personal trainer (Occupation)
Future Fit	How to approach any member on the gym floor and get them interested in training with you	1	Personal trainer (Occupation)
Future Fit	Article - How to outsmart food cravings	0.5	None
Future Fit	Effective consultations: How to sign up more clients	1	Personal trainer (Occupation)
Future Fit	Level 4 Diploma in Specialist Exercise (Obesity and Diabetes)	2	None
Future Fit	Wild Training Part 2 - Wild Quad mobility	0.25	Personal trainer (Occupation)
Future Fit	Introduction to Indoor Cycling	8	None
Future Fit	Wild Training Part 3 - Wild Calf mobility	0.75	Personal trainer (Occupation)
Future Fit	Part 1: Injuries in Personal Training	0.5	Personal trainer (Occupation)
Future Fit	Article - How much personal training do clients need	0.5	Personal trainer (Occupation)
Future Fit	How to handstand and other bodyweight challenges	0.5	None
Future Fit	Surviving the fitness industry - Part 3 - Further tips to ensure you establish your PT career for the long term	0.25	Personal trainer (Occupation)
Future Fit	Basic Step Instructor	2	None
Future Fit	No gym no problem: Exercise Programming in a non-gym environment	1	None
Future Fit	Article - Calories	0.75	Personal trainer (Occupation)
Future Fit	Intermittent fasting and time restricted eating - part 1	0.5	None
Future Fit	Article - Protein 101	0.75	Personal trainer (Occupation)
Future Fit	Meal Planning	4	None
Future Fit	Level 2 Certificate in Teaching Exercise and Fitness in the Context of Mat Based Pilates	10	None
Future Fit	Total Immersion Diploma	3	None
Future Fit	How to build online training into your business	0.5	None
Future Fit	Olympic lifts - the what, why and how	0.5	None
Future Fit	Mobilise to prepare : how to plan, prepare and execute mobility and flexibility routines	0.5	None
Future Fit	10 x your service level to attract more clients	1	Personal trainer (Occupation)
Future Fit	Intermittent fasting and time restricted eating - part 2	0.5	None
Future Fit	Healthy Active Lifestyle Programming	2	None
Future Fit	Surviving the fitness industry - Part 2 - 7 key tips to survival in the fitness industry	0.25	None
Future Fit	Establishing a working relationship with your client	0.75	Personal trainer (Occupation)
Future Fit	Body Mapping Explained	0.5	Personal trainer (Occupation)



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Organisation name	CPD Title	CPD Points	Professional Standard
Future Fit	Breaking bad habits when it comes to food	0.5	None
Future Fit	Motivational Communication Masterclass	1	Personal trainer (Occupation)
Future Fit	Why is Crossfit so successful? - Article	0.75	Personal trainer (Occupation)
Future Fit	Motivational interviewing Part 1- Fundamentals of MI and the change process for weight management clients	0.5	None
Future Fit	Level 4 Low Back Pain Exercise Specialist	10	None
Future Fit	How to Bench part 2 – how to apply variations and adapt resistance	0.5	Personal trainer (Occupation)
Future Fit	Mobilization - Life in Movement Article	0.75	Personal trainer (Occupation)
Future Fit	Key steps to effective programming for fat loss	0.5	None
Future Fit	How to develop nutrition strategies to help your client achieve their fat-loss goals	0.5	None
Future Fit	Article - How to influence sales Part 1 - Authority , Liking and Reciprocity	0.75	Personal trainer (Occupation)
Future Fit	Article - Postural Assessment and the Effect on Strength Training	0.75	Personal trainer (Occupation)
Future Fit	GP and Exercise Referral	10	None
Future Fit	KISS with your client's	0.5	Personal trainer (Occupation)
Future Fit	How to create and deliver effective workouts for muscle gain	0.5	Personal trainer (Occupation)
Future Fit	Biomechanics for enhanced performance and reduced injury risk	1	Personal trainer (Occupation)
Future Fit	Specialist Diploma in Advanced Pilates	10	None
Future Fit	Training for sports vs training for a six pack	0.5	None
Future Fit	Food and Shopping Tips Part 2 - More of the big questions your clients will ask - Answered	0.75	Personal trainer (Occupation)
Future Fit	What can fit pros learn from Swedish chef's - Article	0.75	None
Future Fit	See, feel, map, move, memorise! Building the pyramids and the career you dreamed of	0.75	Personal trainer (Occupation)
Future Fit	Diabetes Masterclass	0.5	None
Future Fit	How to Bench - discussion of basic technique and variations	1	Personal trainer (Occupation)
Future Fit	Be your own human billboard - Part 2	0.5	None
Future Fit	Blue Zones Part: The Mediterranean Diet	0.25	None
Future Fit	Anatomy & Physiology Home Study	5	Personal trainer (Occupation)
Future Fit	Nutrition for Menopause	0.75	Personal trainer (Occupation)
Future Fit	What can Fitness Professionals Learn from McDonalds	0.75	Personal trainer (Occupation)
Future Fit	The training need analysis: putting a goal together and how to achieve it	0.75	Personal trainer (Occupation)
Future Fit	Hormonal Effects in Female competitive sport & bodybuilding	0.5	Personal trainer (Occupation)
Future Fit	Living Longer Better	5	None
Future Fit	Eating to Save the Planet - how your food choices influence climate change	0.25	None
Future Fit	Psychology for Peak Sports Performance Part 1: Psychology of Completion and Motivation	0.25	None





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Organisation name	CPD Title	CPD Points	Professional Standard
Future Fit	Psychology for Peak Sports Performance Part 2. Psychology of bodybuilding dependence	0.25	None
Future Fit	Biomechanics Part 1: What is Biomechanics?	0.25	None
Future Fit	Biomechanics Part 2: How to perform on biomechanical assessment - practical demonstration	0.25	Personal trainer (Occupation)
Future Fit	Tips on working your core without any equipment - Article	0.25	Personal trainer (Occupation)
Future Fit	Business. Busyness. Busy Mess. Part 1 Generic business skills that crossover to/ from any industry.	0.25	Personal trainer (Occupation)
Future Fit	Using injuries to your advantage instead of losing momentum	0.75	Personal trainer (Occupation)
Future Fit	Next Level Negotiation Part 1: 5 common obstacles to PT & how to overcome them	0.25	Personal trainer (Occupation)
Future Fit	Next Level Negotiation Part 2: Neuro-linguistic Programming, how it will change the way you negotiate	0.25	Personal trainer (Occupation)
Future Fit	Top 5 diet and nutrition trends for 2021	0.5	Personal trainer (Occupation)
Future Fit	How to obliterate your clients' excuses and achieve deeper, faster results with electric muscle stimulation (EMS) training! - Article	0.75	Personal trainer (Occupation)
Future Fit	Shifting Perspectives – A powerful behaviour change tool Part 1: Why people commonly think fitness is 'just fitness'	0.25	Personal trainer (Occupation)
Future Fit	Shifting Perspectives – a powerful behaviour change tool Part 2: How to change a perspective in 3 easy steps	0.25	Personal trainer (Occupation)
Future Fit	It's only words: How to earn money from writing	0.75	Personal trainer (Occupation)
Future Fit	COVID-19 Rehabilitation Unit 3: Application	1	Working with people with long term conditions (Populations)
Future Fit	COVID-19 Rehabilitation Unit 2: Understanding	1	Working with people with long term conditions (Populations)
Future Fit	COVID-19 Rehabilitation Unit 1: Awareness	1	Working with people with long term conditions (Populations)
Future Fit	Mental Health First Aider Unit 3 : Application	1	"Health Navigator (Occupation) Working with people with long term conditions (Populations)"
Future Fit	Mental Health First Aider Unit 2: Understanding	1	Health Navigator (Occupation) Working with people with long term conditions (Populations)
Future Fit	Neuromuscular Training Part 2: How to improve your programming with Neuromuscular Training - Presentation	0.25	Personal trainer (Occupation)
Future Fit	Living Longer Better - Article	0.75	Personal trainer (Occupation)
Future Fit	Physical Activity and COVID-19	0.75	Personal trainer (Occupation)
Future Fit	Neuromuscular Training Part 1: What Neuromuscular Training is & isn't	0.25	Personal trainer (Occupation)
Future Fit	Healthy Conversations Unit 1 Awareness	1	Health Navigator (Occupation)
Future Fit	Healthy Conversations unit 2 Understanding	1	Health Navigator (Occupation)
Future Fit	Healthy Conversations Unit 3 Application	1	Health Navigator (Occupation)
Future Fit	Changing Behaviour Unit 1 Awareness	1	Health Navigator (Occupation)
Future Fit	Changing Behaviour Unit 2 Understanding	1	Health Navigator (Occupation)
Future Fit	Changing Behaviour Unit 3 Application	1	Health Navigator (Occupation)



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Organisation name	CPD Title	CPD Points	Professional Standard
Future Fit	Common Musculoskeletal conditions Unit 1 Awareness	1	Working with people with long term conditions (Populations)
Future Fit	Common Musculoskeletal conditions Unit 2 Understanding	1	Working with people with long term conditions (Populations)
Future Fit	Common Musculoskeletal conditions Unit 3 Application	1	Working with people with long term conditions (Populations)
Future Fit	Coaching Fitness Online	7	Personal trainer (Occupation)
Future Fit	Exercise for Cancer Unit 1 Awareness	1	Working with people with long term conditions (Populations)
Future Fit	Exercise for Cancer Unit 2 Understanding	1	Working with people with long term conditions (Populations)
Future Fit	Exercise for Cancer Unit 3 Application	1	Working with people with long term conditions (Populations)
Future Fit	Hydration	0.5	Personal trainer (Occupation)
Future Fit	Soft skills of coaching - why they are the most important area to focus on for prolonged success as a Personal trainer	0.75	Personal trainer (Occupation)
Future Fit	Posture Assessment Part 1 of 2 (static)	0.25	Personal trainer (Occupation)
Future Fit	Why do women often suit more high repetition resistance training compared to men?	0.5	Personal trainer
Future Fit	The power of breath	0.5	Personal trainer
Future Fit	Movement Patterns: The Rotation (Part 1 of 2)	0.25	Personal trainer
Future Fit	Movement Patterns: The Rotation (Part 2 of 2)	0.25	Personal trainer
Future Fit	How does sleep influence health conditions	0.5	Personal trainer
Future Fit	Lifestyle and exercise habits of men and women; how they differ, and how to utilise them to promote enjoyment and adherence	0.5	Personal trainer
Future Fit	PT The Vampire Slayer	0.75	Personal trainer
Future Fit	Disability & Inclusivity	3	Working inclusively- working with disabled people (population)
Future Fit	Living Longer Better	3	Working with people with long term conditions (Populations)
Future Fit	Physical activity for Older adults	3	Working with people with long term conditions (Populations)
Future Fit	Exercises And Their Many Varieties: Why Are Angles Important?	0.5	Personal trainer (Occupation)
Future Fit	Silence is Golden - Why Meditation is important	0.5	Personal trainer (Occupation)
Future Fit	Using social media to your advantage	0.5	Personal trainer (Occupation)
Future Fit	How to get clients	0.5	Personal trainer (Occupation)
Future Fit	Force = Mass X Acceleration; How Does It Affect Training?	0.5	Personal trainer (Occupation)
Future Fit	How to kick-ass in your classes	0.5	Personal trainer (Occupation)
Future Fit	The rise of the technological beast	0.5	Personal trainer (Occupation)
Future Fit	The lowdown on loaded stretching; flexibility and hypertrophy, an intensifier you need to try	0.5	Personal trainer (Occupation)
Future Fit	The most useful tools for running an effective coaching business	0.5	Personal trainer (Occupation)
Future Practice	Practical Stress Resilience Coaching	7	Health Navigator (Occupation) Personal trainer (Occupation)
Girls Gone Strong	Pre- & Postnatal Coaching Certification v2.0	5	None
Girls Gone Strong	Pre- & Postnatal Coaching Certification	10	None



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Organisation name	CPD Title	CPD Points	Professional Standard
Girls Gone Strong	GGG-1 Coaching Certification	10	None
Group-X Training	Barre Fitness Certification	4.5	None
Group-X Training	Freestyle Fitness Yoga	10	None
H2O Fit	Shallow water with noodles Aqua course	4	None
Headway Training Academy	Goal setting, just one thought away		Entry manager (no specialism) Senior Manager (occupation) Personal trainer (Occupation)
Headway Training Academy	Traits of an effective leader	5	Senior Manager (occupation)
Headway Training Academy	Resilience, it's all in our head	5	Senior Manager (occupation)
Headway Training Academy	How not to be a sales person	5.5	Senior Manager (occupation)
Headway Training Academy	Building Rapport	5.5	Senior Manager (occupation)
Headway Training Academy	Goal setting, just one thought away	5	Entry manager (no specialism) Senior Manager (occupation) Personal trainer (Occupation)
Health and Fitness Education	COVID confident – Recovery course (General CPD)	3	None
Hula Dancerise	Hula Dancercise Instructor Training	10	None
iCareiMove Limited	Shero Meno Instructor Training	10	Working with Inactive People (population)
iCycle	Torque Indoor Cycling Instructor Course	9	Core group Exercise instructor (Occupation)
InBody UK	InBody Basics	2	Personal trainer (Occupation) Gym Instructor (Occupation)
Inclusive Educate	Inclusive Groups	1.5	None
Inclusive Skating	Inclusive Skating Assistant Coach	10	Assistant coach (Occupation)
Inclusive Skating	Inclusive Skating Accredited Safety Advisor	5	Coach (Occupation)
Indoor Cycling Institute	Indoor Cycling with power	4	None
Indoor Cycling Institute	Level 1 Pro Indoor Cycling Instructor	10	Personal trainer (Occupation) Gym Instructor (Occupation) Core group exercise instructor (Occupation)
Indoor Cycling Institute	Level 1 Indoor Cycling Instructor	7	Personal trainer (Occupation) Gym Instructor (Occupation) Core group exercise instructor (Occupation)
Indoor Cycling Institute	Level 1 (online) Instructor Cycling Instructor	7	Personal trainer (Occupation) Gym Instructor (Occupation) Core group exercise instructor (Occupation)
Institute of Aquaphobia	ALP face to face	5	None
Institute of Aquaphobia	ALP digital edition	5	None
Institute of Swimming	Introduction to Deaf Awareness and using British Sign Language in Aquatics	1.5	None
Institute of Swimming	Coaching Para-Swimmers in a Mainstream Coaching Environment	1.5	None
Institute of Swimming	Effective Communication & Feedback for Swimming Teaching & Coaching	1.5	None
Institute of Swimming	Voice Projection and Protection	1.5	None



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Organisation name	CPD Title	CPD Points	Professional Standard
Institute of Swimming	Swim England Aquatic Skills Framework Stage 8-10 Diving	1.5	None
Institute of Swimming	Visually Impaired Friendly Swimming	1	None
Institute of Swimming	Swim England Diving – Rip Entry	2	None
Institute of Swimming	Aquatic Skills Framework – Synchronised Swimming Stages 8-10	3	None
Institute of Swimming	Dolphin Snorkeller	3.5	None
Institute of Swimming	Effective Sculling Techniques & Development into the 4 Strokes	1.5	None
Institute of Swimming	Introduction to Para Swimming	0.5	None
Institute of Swimming	Teaching School Swimming and Water Safety	1.5	None
Institute of Swimming	Improving Breaststroke	1.5	None
Institute of Swimming	Introduction to Teaching Butterfly	2	None
Institute of Swimming	Improving Butterfly	1.5	None
Institute of Swimming	Introduction to Teaching Breaststroke	2	None
Institute of Swimming	Adult Swimming	1	None
Institute of Swimming	Improving Backstroke	1.5	None
Institute of Swimming	Swimfit Activator	2	None
Institute of Swimming	Improving Front Crawl	1	None
Institute of Swimming	Introduction to Teaching Backcrawl	2	None
Institute of Swimming	Swim England Dry Rigging	2	None
Institute of Swimming	Aqua Kids	2	None
Institute of Swimming	Aquatic Skills Framework – Synchronised Swimming Stages 8-10	3	None
Institute of Swimming	Fin 2 Fit	2	None
Institute of Swimming	Deaf and Visually Impaired Friendly Swimming	1	None
Institute of Swimming	Fun Approach to Learn to Swim	1.5	None
Institute of Swimming	Observation and Mentoring for your Aquatic Workforce	1.5	None
Institute of Swimming	Teaching Non-Swimmers in Deep Water	2	None
Institute of Swimming	Integrating Swimmers with a Physical and/or Sensory Impairment into Mainstream Swimming Lessons	1.5	None
Institute of Swimming	Teaching Baby and Toddler Refresher	1.5	None
Institute of Swimming	Introduction to Teaching Diving for Learn to Swim	1	None
Institute of Swimming	Managing Swimming Lessons	1	None
Institute of Swimming	Introduction to Teaching Turns	1.5	None
JA pilates	Small Equipment workshop for Pilates	3.5	None



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Organisation name	CPD Title	CPD Points	Professional Standard
Jobu	Motivation & Behavioural Science Techniques To Help Clients Get & Stay Active	3	Working with Inactive People (population) Strength and conditioning trainer (Occupation) Core group exercise instructor (Occupation) Health Navigator (Occupation) Personal trainer (Occupation) Assistant coach (Occupation) Gym Instructor (Occupation) Coach (Occupation) Working with people with long term conditions (Populations)
Johnson Training Ltd	JTL Hot Tub Operator Training Programme	3	None
Johnson Training Ltd	JTL Principles and Practice of Pool Water Testing	3	None
Johnson Training Ltd	JTL School Pool and Hydrotherapy Pool Operator Training Programme	3	None
Johnson Training Ltd	JTL Pool Plant Update/Refresher – Maintaining Currency	3	None
Julie Driver Pilates Education	The Pilates Equestrian series: The Mat Work	3	None
Keep Fit Association	Laban Dance Fitness	10	None
Keep Fit Association	Sit & Stay Fit	10	None
KXGYM	KX Education and Development program Year 1	10	None
KXGYM	KX Education and Development Program Year 2	5	None
Later Life Training	Postural Stability Instructor (PSI). Exercise for the Prevention of Falls and Injuries in Frailer Older People	10	Working with people with long term conditions (Populations)
Later Life Training	First Steps in Dementia	3.5	None
Later Life Training	Functional Fitness MOT (FF MOT)	3	None
Later Life Training	Functional Fitness MOT at Home	8	None
Later Life Training	Later Life Training – Long Weekend of Learning	6	None
Laurie Nichols Fitness training Centre	3ness Fitness and Soul Weekend 2022 Wokefield Estate, Reading – 25th-27th November	5	None
Laurie Nichols Fitness training Centre	FloBox	8	Core group exercise instructor (Occupation)
Laurie Nichols Fitness training Centre	FIT2FITE	8	Core group exercise instructor (Occupation)
Laurie Nichols Fitness training Centre	3ness Fitness and Soul Weekend – Wokefield Estate, Reading – 26th-28th Nov 2021	5	None
Leisure-net Solutions	Active-net 2021	2	None
Les Mills UK	Les Mills BORN TO MOVE Virtual Coach Training	1.5	None
Les Mills UK	LES MILLS SPRINT FEEDBACK VIDEO	1	None
Les Mills UK	ONLINE LES MILLS GROUP FITNESS MANAGEMENT (GFM) EDUCATION COURSE	5	None
Les Mills UK	Les Mills BODYCOMBAT Advanced Instructor Module 1	8	None
Les Mills UK	Les Mills SH'BAM Quarterly Digital Education	1	None
Les Mills UK	LES MILLS BODYBALANCE FEEDBACK VIDEO	1	None
Les Mills UK	LES MILLS CXWORX QUARTERLY WORKSHOP WEBINAR	1	None
Les Mills UK	Les Mills SH'BAM Advanced Instructor Module 2	10	None



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Organisation name	CPD Title	CPD Points	Professional Standard
Les Mills UK	Les Mills BODYBALANCE Quarterly Workshop	2	None
Les Mills UK	Les Mills BODYSTEP Quarterly Workshop	2	None
Les Mills UK	Quality Assurance for Instructors in Clubs Workshop	2	None
Les Mills UK	LES MILLS GROUP FITNESS MANAGEMENT (GFM) EDUCATION COURSE	8	None
Les Mills UK	Les Mills CXWORX Quarterly Workshop	2	None
Les Mills UK	Les Mills CXWORX Quarterly Digital Education	1	None
Les Mills UK	LES MILLS TONE FEEDBACK VIDEO	1	None
Les Mills UK	LES MILLS THE TRIP FEEDBACK VIDEO	2	None
Les Mills UK	BODYPUMP Advance Instructor Module 1/2	5	None
Les Mills UK	LES MILLS BODYPUMP QUARTERLY WORKSHOP WEBINAR	1	None
Les Mills UK	Les Mills BODYSTEP Advanced Instructor Module 1	8	None
Les Mills UK	LES MILLS BODYATTACK FEEDBACK VIDEO	2	None
Les Mills UK	LES MILLS BODYJAM FEEDBACK VIDEO	1	None
Les Mills UK	LES MILLS BORN TO MOVE FEEDBACK VIDEO	1	None
Les Mills UK	Les Mills BODYBALANCE Quarterly Digital Education	1	None
Les Mills UK	Les Mills Tribal Gathering	4.5	None
Les Mills UK	Les Mills BODYPUMP Initial Module Training	10	None
Les Mills UK	Les Mills THE TRIP Quarterly Workshop	2	None
Les Mills UK	Les Mills BODYVIVE Advanced Instructor Module 2	10	None
Les Mills UK	LES MILLS GRIT ATHLETIC FEEDBACK VIDEO	1	None
Les Mills UK	Les Mills BODYJAM Advanced Instructor Module 2	10	None
Les Mills UK	Les Mills SPRINT Quarterly Digital Education	1	None
Les Mills UK	Les Mills RPM Initial Module Training	10	None
Les Mills UK	Les Mills BODYCOMBAT Quarterly Workshop	2	None
Les Mills UK	LES MILLS BODYSTEP QUARTERLY WORKSHOP WEBINAR	1	None
Les Mills UK	LES MILLS BODYJAM QUARTERLY WORKSHOP WEBINAR	1	None
Les Mills UK	Les Mills BODYSTEP Quarterly Digital Education	1	None
Les Mills UK	LES MILLS THE TRIP QUARTERLY WORKSHOP WEBINAR	1	None
Les Mills UK	Les Mills GRIT Initial Module Training	10	None
Les Mills UK	Les Mills BODYPUMP Quarterly Workshop	2	None
Les Mills UK	Les Mills BODYBALANCE Initial Module Training	10	None
Les Mills UK	Les Mills SPRINT Quarterly Workshop	2	None
Les Mills UK	Les Mills BODYATTACK Advanced Instructor Module 1	8	None
Les Mills UK	Les Mills SH'BAM Quarterly Workshop	2	None
Les Mills UK	Les Mills CXWORX Advanced Instructor Module 1	8	None
Les Mills UK	Les Mills BODYSTEP Initial Module Training	10	None



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Organisation name	CPD Title	CPD Points	Professional Standard
Les Mills UK	LES MILLS RPM QUARTERLY WORKSHOP WEBINAR	1	None
Les Mills UK	LES MILLS TONE INITIAL MODULE TRAINING	5	None
Les Mills UK	Les Mills BODYVIVE Quarterly Digital Education	1	None
Les Mills UK	Les Mills BORN TO MOVE Initial Training Module	10	None
Les Mills UK	Les Mills BODYATTACK Advanced Instructor Module 2	10	None
Les Mills UK	LES MILLS TONE QUARTERLY WORKSHOP WEBINAR	1	None
Les Mills UK	LES MILLS SH'BAM QUARTERLY WORKSHOP WEBINAR	1	None
Les Mills UK	LES MILLS BODYPUMP FEEDBACK VIDEO	1	None
Les Mills UK	LES MILLS BODYSTEP FEEDBACK VIDEO	1	None
Les Mills UK	Les Mills BODYATTACK Quarterly workshop	2	None
Les Mills UK	Les Mills BODYCOMBAT Advanced Instructor Module 2	10	None
Les Mills UK	Les Mills BODYPUMP Advanced Instructor Module 2	10	None
Les Mills UK	Les Mills BODYJAM Advanced Instructor Module 1	8	None
Les Mills UK	Les Mills BODYJAM Quarterly Digital Education	1	None
Les Mills UK	Les Mills BODYPUMP Quarterly Digital Education	1	None
Les Mills UK	Les Mills BODYATTACK Initial Module Training	10	None
Les Mills UK	Les Mills RPM Quarterly Digital Education	1	None
Les Mills UK	Les Mills THE TRIP Initial Module Training	10	None
Les Mills UK	LES MILLS SPRINT QUARTERLY WORKSHOP WEBINAR	1	None
Les Mills UK	Les Mills BODYATTACK Quarterly Digital Education	1	None
Les Mills UK	Les Mills RPM Quarterly Workshop	2	None
Les Mills UK	Les Mills BODYVIVE Quarterly Workshop	2	None
Les Mills UK	Les Mills BODYSTEP Advanced Instructor Module 2	10	None
Les Mills UK	Les Mills SH'BAM Advanced Instructor Module 1	8	None
Les Mills UK	Les Mills BODYBALANCE Advanced Instructor Module 1	8	None
Les Mills UK	LES MILLS BARRE QUARTERLY WORKSHOP WEBINAR	1	None
Les Mills UK	LES MILLS BARRE INITIAL MODULE TRAINING	5	None
Les Mills UK	LES MILLS CXWORX FEEDBACK VIDEO	1	None
Les Mills UK	Les Mills SH'BAM Initial Module Training	10	None
Les Mills UK	Les Mills BODYJAM Initial Module Training	10	None
Les Mills UK	Les Mills BODYCOMBAT Quarterly Digital Education	1	None
Les Mills UK	LES MILLS SH'BAM FEEDBACK VIDEO	1	None
Les Mills UK	Les Mills GRIT Advanced Instructor Module 1	8	None
Les Mills UK	Les Mills RPM Advanced Instructor Module 2	10	None
Les Mills UK	Les Mills Advanced Training	10	None
Les Mills UK	Les Mills BODYVIVE Initial Module Training	10	None



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Organisation name	CPD Title	CPD Points	Professional Standard
Les Mills UK	Les Mills THE TRIP Quarterly Digital Education	1	None
Les Mills UK	LES MILLS GRIT QUARTERLY WORKSHOP WEBINAR	1	None
Les Mills UK	LES MILLS GRIT STRENGTH FEEDBACK VIDEO	1	None
Les Mills UK	Les Mills BODYVIVE Advanced Instructor Module 1	8	None
Les Mills UK	Les Mills Advanced Instructor Module 2	10	None
Les Mills UK	LES MILLS BODYATTACK QUARTERLY WORKSHOP WEBINAR	1	None
Les Mills UK	Les Mills SPRINT Initial Module Training	10	None
Les Mills UK	Les Mills CXWORX Advanced Instructor Module 2	10	None
Les Mills UK	Good to Great Workshop	1.5	None
Les Mills UK	LES MILLS BODYCOMBAT QUARTERLY WORKSHOP WEBINAR	1	None
Les Mills UK	Les Mills CXWORX Initial Training Module	10	None
Les Mills UK	LES MILLS BODYCOMBAT FEEDBACK VIDEO	1	None
Les Mills UK	Les Mills SPRINT Advanced Instructor Module 2	10	None
Les Mills UK	LES MILLS BARRE FEEDBACK VIDEO	2	None
Les Mills UK	LES MILLS RPM FEEDBACK VIDEO	1	None
Les Mills UK	Les Mills BODYPUMP Advanced Instructor Module 1	8	None
Les Mills UK	LES MILLS BODYBALANCE QUARTERLY WORKSHOP WEBINAR	1	None
Les Mills UK	Les Mills BORN TO MOVE Quarterly Digital Education	1	None
Les Mills UK	Les Mills SPRINT Advanced Instructor Module 1	8	None
Les Mills UK	Les Mills BODYJAM Quarterly Workshop	2	None
Les Mills UK	LES MILLS GRIT CARDIO FEEDBACK VIDEO	1	None
Les Mills UK	Les Mills GRIT Quarterly Workshop	2	None
Les Mills UK	Les Mills BODYCOMBAT Initial Module Training	10	None
Les Mills UK	LES MILLS ONLINE ADVANCED TRAINING	10	None
Les Mills UK	Les Mills RPM Advanced Instructor Module 1	8	None
Les Mills UK	Les Mills GRIT Quarterly Digital Education	1	None
Level Water	Teaching 1:1 swimming lessons for children with disabilities	2	None
Lime Culture CIC	Leading Safeguarding Officer Development Programme (Lime Culture CIC)	10	None
London Pilates Academy	Functional Reformer Training	10	None
Matrix Fitness UK	Matrix Ride	3	None
Maximus Life Ltd	Rebound Fit Instructor Training - Studio	10	Core group exercise instructor (Occupation)
Maximus Life Ltd	Rebound Fit Certified Instructor Workshop	1	Core group exercise instructor (Occupation)
Meditation Personal Trainers	Meditation and Mindfulness Instructor training for Level 3 Exercise Professionals	8	None
Merrithew	STOTT PILATES® Mat-Plus™ Evolved	2	None
Merrithew	ZEN•GA® Instructor Foundation Course, Equipment	3.5	None
Merrithew	Total Barre® Instructor Foundation Course	3.5	None





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Organisation name	CPD Title	CPD Points	Professional Standard
Merrithew	STOTT PILATES® Beyond the Biomechanical Principles	1.5	None
Merrithew	STOTT PILATES® Experience Movement to Improve Awareness and Teaching	1.5	None
Merrithew	Merrithew® Fascial Movement Foundation Course	8	None
Merrithew	Total Barre® Endurance with Props	2	None
Merrithew	Total Barre® Modified for Special Populations	1	None
Merrithew	STOTT PILATES® Athletic Conditioning: Performance Enhancing Progressions and Sequences	1.5	None
Merrithew	Total Barre® Modified for Pre- & Post-Natal	1	None
Merrithew	Total Barre® Amplified	2	None
Merrithew	STOTT PILATES® Twist Ball™ Workout	1	None
Merrithew	STOTT PILATES® Jumpboard Strength & Conditioning	1	None
Merrithew	STOTT PILATES® Breathing & Mobility on the Stability Barrel™ Lite	1	None
Merrithew	STOTT PILATES® Jumpboard and Cross-Bow™ Interval Training	1	None
Merrithew	STOTT PILATES® Athletic Conditioning on the Arc Barrel or Stability Barrel™	1	None
Merrithew	Total Barre® Amplified with props	1	None
Merrithew	ZEN•GA® Mindful Movement: Breathing Workout	1	None
Midlands Tai Chi Rehab	Tai Chi and Qi Gong for Rehabilitation and Well-Being (8-day course)	10	None
Midlands Tai Chi Rehab	Tai Chi Qi Gong (TCQ) for Well-Being (2-day course)	10	None
Mind	Mental Health in Sport and Physical Activity Conference	6	Working with people with long term conditions (Populations)
MostMotion	SMARTT Coach Level - The Vault of Injury Prevention Secrets	8	Personal trainer (Occupation)
Move it or Lose it	FABS Training Programme	10	None
Mpowered Indoor CYCLING	The Mpowered Training Academy: Indoor Cycling Certification	10	Core group exercise instructor (Occupation)
Myzone Group Ltd	Myzone U 101 - Foundations of Myzone & Deployment Strategies	1	None
Myzone Group Ltd	Myzone U 201 - Exploring the Technology	1	None
Myzone Group Ltd	Myzone U 301 - Integrating Myzone into the Member Experience	1	None
Myzone Group Ltd	Myzone Master Training (In person)	2	None
Myzone Group Ltd	Myzone Heart Rate Training Certificate	2	None
NCSE (National Centre for Sport and Exercise Medicine - East Midlands)	Disordered Eating in Athletes	2.5	None
Nuffield Health and Wellbeing	Coaching and Communication	0.5	None
Nuffield Health and Wellbeing	Exercise framework introduction	1	None
Nuffield Health and Wellbeing	Exercise framework in action	1.5	None
Nuffield Health and Wellbeing	Covid 19 Rehabilitation programme introduction	2	None
Nuffield Health and Wellbeing	Introduction to Emotional Wellbeing	3.5	None
Nuffield Health and Wellbeing	Introductory Kettlebells	3	None
Nuffield Health and Wellbeing	Sitting - the silent killer	0.5	None
Nuffield Health and Wellbeing	Movement Screening	3	None



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Organisation name	CPD Title	CPD Points	Professional Standard
Nuffield Health and Wellbeing	Strength and Conditioning Research Reviews	2	None
Nuffield Health and Wellbeing	MOT coaching skills	4	None
Nuffield Health and Wellbeing	Fitness Induction: Setting up for Success Exam	10	None
Nuffield Health and Wellbeing	Exercise Programming for People with Cystic Fibrosis	0.5	None
Nuffield Health and Wellbeing	Recovery Plus	6	None
Nuffield Health and Wellbeing	Introductory Vopr	3	None
Nuffield Health and Wellbeing	Advanced programme design	5	None
Nuffield Health and Wellbeing	Fitness as it should be	7	None
Nuffield Health and Wellbeing	Building relationships –PT sales	5	None
Nuffield Health and Wellbeing	What is Evidence?	0.5	None
Nuffield Health and Wellbeing	Exercise, Pain and Injury	1	None
Nuffield Health and Wellbeing	PT with purpose	0.5	None
Nuffield Health and Wellbeing	Health MOT	10	None
Nuffield Health and Wellbeing	Introduction to the AirdyneX	0.5	None
Nuffield Health and Wellbeing	Pre and Post Natal Exercise	1	None
Nuffield Health and Wellbeing	Introduction to Wattbike	0.5	None
Optimum Nutrition (Glanbia)	Optimum Nutrition for Health and Performance	4	None
OriGym	Boxing and Padwork Drill	4	None
OriGym	Circuit Training	4	None
OriGym	Kettlebell Instructor	4	None
OriGym	Strength and Conditioning Training	4	None
OriGym	Suspension Training	4	None
Orthopaedic Research UK	ESCAPE-pain (for knees and hips) training	8	Working with people with long term conditions (Populations)
Osteopilates	'Return To Life': A Mat Mastermind	7	None
Osteopilates	Integrating the Pilates Method with Long Term Medical Conditions	10	Working with people with long term conditions (Populations)
Personal Trainer Collective	PT Core	10	Personal trainer (Occupation)
Personal Training Remastered	Personal Training Remastered	10	Personal trainer (Occupation)
Pilates Union	Mindful Meditation Course	3.5	None
Pilates Union	Pranayama Yoga Breathing Techniques	6	None
Pilates Union	Pilates Gym Ball	5	None
Pilates Union	Pilates Foam Roller	5.5	None
Pilates Union	BarreConcept Online Barre Instructor Training Course	10	None
Pilates Union	Stretch band instructor course	4.5	None
Pilates Union	Small Ball Online Instructor course	4.5	None
Pilates Union	PowerTramp Rebounder Course	2.5	None
Pilates Union	Power Ring Magic Circle Course	5	None



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Organisation name	CPD Title	CPD Points	Professional Standard
Pilates Union	Barrefloor Online Barre Course	6.5	None
Pink Belt KickBoxing	Pink Belt Kickboxing Level 1 Coaching Course (Group Exercise Instructor)	10	None
Places Leisure	Rising Stars	10	None
Places Leisure	Places Leisure Safety & Learning Development Seminars	2.5	None
Platinum Training Institute	Webinar Digital-De Clutter	0.5	None
Platinum Training Institute	Annual PTI Webinar	4	None
Platinum Training Institute	Breathwork Facilitator Training	10	None
Precision Nutrition	PN Level 2 Master Class	10	Coach (Occupation)
Precision Nutrition	Level 1 Sleep, Stress Management, and Recovery Coaching Certification	10	None
Precision Nutrition	Level 1 Certification: The Essentials of Nutrition and Coaching	10	None
Pretty Deadly Self Defense	Pretty Deadly Trainer Certification	10	Coach (Occupation)
Primal Academy	Emergency Services Fitness Advisor 1 Day	3.5	None
Primary PE Passport	Dance to School: Curriculum Dance	1.5	None
Pulseroll	Pulseroll Instructor Training	4	None
Puregym	ActiveIQ PT Foundation Business Award	4.5	None
Puregym	ActiveIQ Business Coach Award	10	None
Purestretch	Purestretch	10	Core group exercise instructor (Occupation)
Quality Leisure Management Limited	Health & Safety Management in Leisure and Culture Facilities – Revalidation Course	7	None
Quality Leisure Management Limited	Health and Safety Management in Leisure and Culture Facilities	10	None
RAF (School of Physical Training)	Aircrew Physical Conditioning Instructors Course	10	None
RAF (School of Physical Training)	Strength & Conditioning Trainer (Level 2)	10	Strength and conditioning trainer (Occupation)
RAF (School of Physical Training)	RAF Physical Training Instructor Course	10	Personal trainer (Occupation)
RAF (School of Physical Training)	Pre and Post Natal Instructors Course	10	None
rbhfitness	Menopause & Exercise for Fitness Professionals	7	None
React First	Emergency First Aid at Work - 1 day	3	None
React First	First Aid for Sport, Exercise and Fitness	4	None
Relentless Training 24	Relentless Training 24 (RT24)	6	
Right Directions	COSHH Awareness for Managers	2	None
Right Directions	Fire Marshal	1	None
Right Directions	COSHH Awareness for Frontline Staff	0.5	None
Right Directions	Environmental Management	6	None
Right Directions	Coordinate and manage events	6	None
Right Directions	Involve, motivate and retain volunteers	6	None
Right Directions	Contributing to Safeguarding and Delivery of Services to Children	6	None
Right Directions	Finance & budgeting	6	None



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Organisation name	CPD Title	CPD Points	Professional Standard
Right Directions	Quest for your Team	6	None
Right Directions	Health & Safety - keeping yourself on the right side of the law	5.5	None
Right Directions	Delivery to Dosing - Safe Handling of Pool Chemicals	4	None
Right Directions	Quest Kickstart (IQA)	10	None
Right Directions	STITCH & Accident Analysis and Trends	4	None
Right Directions	Preparing for External Awards Assessment	6	None
Right Directions	Promote Equality and Diversity	6	None
Right Directions	Asbestos Awareness for Managers	1	None
Right Directions	Legionella Awareness for Frontline Staff	0.5	None
Right Directions	Legionella Awareness for Managers	1	None
Right Directions	Safeguarding Awareness for Frontline Staff	0.5	None
Right Directions	Safeguarding Awareness for Managers	1	None
Right Directions	Covid-19 Awareness Course for the Sport and Recreation Sector	0.75	None
Right Directions	Covid-19 Awareness Course for the Leisure Industry	0.5	None
Right Directions	Asbestos Awareness for Frontline Staff	0.5	None
Right Directions	Mental Health Awareness for Managers	1	None
Right Directions	Mental Health Awareness for Frontline Staff	0.5	None
Right Directions	Display Screen Equipment (DSE) Awareness for Managers	1	None
Right Directions	Display Screen Equipment (DSE) Awareness for Frontline Staff	0.5	None
Right Directions	Personal Protective Equipment (PPE) Awareness for Managers	1	None
Right Directions	Personal Protective Equipment (PPE) Awareness for Frontline Staff	0.5	None
Right Directions	Covid-19 Back to Business 2021	1	None
Roller Fitness	RollerFitness Instructor Training	10	None
Right Directions	First Aid Awareness in Sport	2.5	None
Right Directions	Accident and Incident Reporting Course for Managers	1	None
Right Directions	Allergen Awareness	1	None
Right Directions	Food Safety and Hygiene Level 2 (excl. Allergens)	2.5	None
Right Directions	Chemical Safety course	0.5	None
Right Directions	Accident and Incident Reporting Course for Frontline Staff	0.5	None
Right Directions	Food Safety and Hygiene Level 2 (incl. Allergens)	3.5	None
Royal Army Physical Training Corps	All Arms PTI course (AAPTl)	10	Gym Instructor (Occupation) Core group exercise instructor (Occupation)
Royal Army Physical Training Corps	RAPTC Instructors course	10	Personal trainer (Occupation)
Rugby Football Union	Advanced Coach Award	10	Coach (Occupation)
Scoliosis and Spinal Fusion	Scoliosis and Spinal Fusion	8	None
Sense	Connecting Differently Through Sport	3	None



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Organisation name	CPD Title	CPD Points	Professional Standard
SeriesFitness	Series core flow	7	"Personal trainer (Occupation) Core group exercise instructor (Occupation)"
SeriesFitness	Greater communication and retention coaching course	10	Personal trainer (Occupation)
SHIFT Fitness	Advanced Instructor (TBC)	6	Core group Exercise instructor (Occupation)
Spine Back Rack LTD	Spinal Backrack Instructor - Level I	8	Personal trainer
Sportsability Training Limited	Instructing Original Mat Pilates Exercises	10	None
sportscotland	Child Wellbeing & Protection Officer	3	None
sportscotland	Child Wellbeing & Protection in Sport	4	None
Stay Safe Global	Abuse Awareness in Sport	6	Safeguarding Children (Technical) Safeguarding Adults (Technical); Coach (Occupation), Working with children (Populations)
Stockwell Safety	Pool Plant Foundation eCourse	0.5	Pool plant operative (Occupation)
Stockwell Safety	Pool Plant Operator	10	Pool plant operative (Occupation)
Stockwell Safety	Pool Plant Foundation	6	Pool plant operative (Occupation)
Stockwell Safety	Pool Plant Operator Online Course	10	Pool plant operative (Occupation)
StreetGames UK	Keeping Young People Safe in Doorstep Sport	6	None
StreetGames UK	Keeping Young People Safe in Community Sport	3	None
Strength and Conditioning Academy	S&C: A Problem-Solving Approach	10	Strength and conditioning trainer (Occupation)
Strength&	Hybrid Strongman Coaching	7	Strength and conditioning trainer (Occupation)
Strength and Conditioning Education	L4 Strength and Conditioning	10	Graduate strength and conditioning coach
Strength and Conditioning Education	MSP Performance Coach Certification	10	None
Studio Exercise Training	Teaching Advanced Pilates to Beginners	10	Core group exercise instructor (Occupation)
Swim Wales Training	Swim Wales Training Bubbles Masterclass	8	Swimming teacher (Occupation)
Swim Wales Training	Swim Wales Training Splash Masterclass	8	Swimming teacher (Occupation)
T2 Fitness	Strength & Conditioning Principles	8	Working in the high performance environment (Environments) Strength and conditioning trainer (Occupation)
T2 Fitness	Kettlebells	6	"Gym Instructor (Occupation) Personal trainer (Occupation)
T2 Fitness	Studio Cycling	8	Core group exercise instructor (Occupation)
T2 Fitness	Bootcamp Course	6	Core group exercise instructor (Occupation)
Tanita	Utilising Bioimpedance Analysis and Body Composition in the health and fitness industry	2.5	None
Technogym	SKILL X CLASS COACH EDUCATION	10	None
Technogym	Female Fitness	2	None
Technogym	Kinesis One	2	None
Technogym	Cable Products for Functional Movement	2	None
Technogym	Strength Training	2	None



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Organisation name	CPD Title	CPD Points	Professional Standard
Technogym	A Gym with a Vision – Creating a Path for Success	2	None
Technogym	Maximising Small Group Training	2.5	None
Technogym	Interaction on the Gym Floor Enhancing Communication for Effective Programming and Member Retention	2	None
Technogym	SkillRow	2	None
Technogym	Mywellness Cloud Group Cycle Class Content Builder	1.25	None
Technogym	Dual Adjustable Pulley Knowledge Workshop	2	None
Technogym	Connected equipment for admin	0.5	None
Technogym	TechnoGym Group Cycle Connect	2	None
Technogym	Planner for admin	0.5	None
Technogym	Strength & Conditioning - Core Lifts for Fitness Professionals	3	None
Technogym	Mywellness Cloud Challenge	0.5	None
Technogym	Arke	2	None
Technogym	Kinesis Stations	2	None
Technogym	Weight Loss Training	2	None
Technogym	TechnoGym Group Cycle Certification	2	None
Technogym	Omnia	2	None
Technogym	Mywellness Cloud SkillRow Class Content Builder	1.25	None
Technogym	Prescribe for administrative staff	0.5	None
Technogym	Profile for operative staff	0.5	None
Technogym	Mywellness Cloud Prescribe Day 1 & 2	4.5	None
Technogym	Older Adults Training	2	None
Technogym	Self for administrator staff	0.5	None
Technogym	Mywellness Cloud Communicator	1	None
Technogym	Mywellness Cloud Teambeats Class Content Builder	1.25	None
Technogym	SkillMill	2	None
Technogym	Nutrition for Exercise Professionals	2	None
Technogym	Mywellness Cloud Coach	1	None
Technogym	Kids Fitness	2	None
Technogym	Challenge for operative staff	0.5	None
Technogym	Skillrow Class Coach Education	4	None
Technogym	Strength & Conditioning - Olympic Lifting for Fitness Professionals	3	None
Technogym	Understanding Bia Technology and Body Composition on Measurements	2	None
Technogym	Mywellness Cloud SkillRun Class Content Builder	1.25	None
Technogym	Mywellness Cloud Self Day 1 & 2	4	None
Technogym	Kettlebell Workshop	2	None



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Organisation name	CPD Title	CPD Points	Professional Standard
Technogym	Prescribe for operative staff	0.5	None
Technogym	Mywellness Cloud Profile	2	None
Technogym	TeamBeat	2	None
Technogym	Heart Rate Training	2	None
Technogym	Mywellness Cloud SkillBike Class Content Builder	1.25	None
Technogym	Movement to Power	2	None
Technogym	Maximising Plurima – The Smart Multistation	2	None
Technogym	Coach for operative staff	0.5	None
Technogym	Communicator for operative staff	0.5	None
Technogym	Group and tasks for admin	0.5	None
Technogym	Group Cycle Class Coach Educator	7	None
Technogym	SKILLBIKE Format	7	None
Technogym	SKILLRUN Format	1.5	None
Technogym	SKILLMILL HIIT Format	7	None
Tees Valley Sport Coaching Agency	Coaching Children and Young People	10	Coach (Occupation) Working in the school environment - out of curriculum (Environments) Working with children 0-5 (Populations)
The Barresanti Method	Barre Teacher Training	10	None
The Fitness Course Company	Level 1 Sports Assistant	7.5	None
The Fitness Course Company	Boxercise Instructor Course	4	None
The Fitness Course Company	strength and conditioning	10	None
The Fitness Course Company	Biomechanics Specialist	10	None
The Fitness Course Company	PT Business: Set for Success	10	None
The Fitness Course Company	Circuits	3	None
The Fitness Course Company	Mental Health and Fitness	4	None
The Fitness Course Company	Level 1: Introduction into Physical Activity in a Gym Environment	9	None
The Fitness Course Company	Studio Cycle	6	None
The Fitness Course Company	Strength and Conditioning Fundamentals	10	None
The Fitness Course Company	Snap Fitness - PT business essentials	6.5	None
The Fitness Course Company	The Big Three: Bench Press, Squat and Deadlift	3	None
The Fitness Education Academy	Kettlebell Instructor	10	Gym Instructor (Occupation) Core group exercise instructor (Occupation)
The Fitness Education Academy	Boot Camp Instructor	10	Core group exercise instructor (Occupation)
The Fitness Education Academy	Group Indoor Cycling	10	Core group exercise instructor (Occupation)
The Fitness Education Academy	Olympic Weightlifting	10	Gym Instructor (Occupation) Personal trainer (Occupation)



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Organisation name	CPD Title	CPD Points	Professional Standard
The Fitness Education Academy	Suspended Bodyweight	10	Gym Instructor (Occupation) Personal trainer (Occupation)
The Fitness Education Academy	Instructing Physical Activity for Children	10	Core group Exercise instructor (Occupation) Working with children (Populations) Safeguarding Children (technical)
The Food Addiction Academy	Food Addiction Coach Accelerator Program	10	None
The Movement & Running School	Certified Running Technique Specialist	10	Coach (Occupation)
The Movement Charity	A Trauma Informed Approach to Exercise Provision	5	Core group exercise instructor (Occupation) Health Navigator (Occupation) Personal trainer (Occupation) Working with Inactive People (population) Gym Instructor (Occupation) Working in a community environment (Environments)
The Training Room	Fundamentals of Kettlebell Training	7	None
The Training Room	Outdoor Fitness	8	Core group exercise instructor (Occupation)
The Training Room	Studio Cycling	7	None
The Training Room	Bootcamp Training	7	None
The Training Room	Suspension Training	7	None
The Training Room	Gym Based Boxing	7	None
The Training Room	Metabolic Circuits	7	None
The Well HQ	Working with Female Athletes for Practitioners	4	None
Top Edge Training	TQUK Level 3 Award in Health and Safety (RQF)	10	Entry manager (no specialism) General manager (no specialism) Aspiring Manager (no specialism)
Top Edge Training	TQUK Level 3 Award in Risk Assessment (RQF)	10	Aspiring Manager (no specialism) Entry manager (no specialism) General manager (no specialism)
Top Edge Training	TQUK Level 2 Award in Risk Assessment (RQF)	6	Recreation assistant (Occupation) Lifeguard (Occupation)*
Topodium Group	Kids Activator	10	Working with children (Populations)
Topodium Group	Zeros to Heroes	8	Working with children 0-5 (Populations)
TRX Training UK	TRX for Yoga Foundations Course	4.5	None
TRX Training UK	TRX Functional Training Course	8	None
TRX Training UK	TRX Suspension Training Course	8	None
TRX Training UK	TRX - Advanced Group Training Course	10	None
TRX Training UK	TRX Sports Medicine Suspension Training Course	3.5	None
TRX Training UK	TRX Group Training Course	3	None
TRX Training UK	TRX Suspension Training Course - Virtual Edition	3.5	None
Turn'd up Fitness	Turn'd up fitness instructor training	10	None
UK Anti-Doping (UKAD)	Coach Clean eLearning	1.5	None





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Organisation name	CPD Title	CPD Points	Professional Standard
UK Anti-Doping (UKAD)	Introduction to Clean Sport eLearning	2	None
UK Coaching	Coaching Teenagers	1.5	None
UK Coaching	Social Coach Leadership Programme (SCLP) Induction and Fast Track Level 3 Award	5	None
UK Coaching	Safeguarding & Protecting Children	2	Safeguarding Children (technical)
UK Coaching	Introduction to Supporting Coaches	2	None
UK Coaching	Sudden Cardiac Arrest eLearning	0.5	None
UK Coaching	Coaching Journey's: Explore Coach	1	Coach (Occupation)
UK Coaching	BHA Level 3 Providing Non-ridden Exercise	1	None
UK Coaching	Coaching Children 5-12 (online classroom)	2	Coach (Occupation)
UK Coaching	Knowing your People (online classroom)	2	Coach (Occupation)
UK Coaching	Developing your Practice	2	Coach (Occupation)
UK Coaching	Understanding Unconscious Behaviour	3	Coach (Occupation)
UK Coaching	UK Coaching: Safeguarding & Protecting Children (16-18) Online Classroom	2.5	None
UK Coaching	UK Coaching: Promoting Behaviour Change	2	Coach (Occupation)
UK Coaching	UK Coaching: Get into Coaching (Assistant Coach)	4	Assistant coach (Occupation)
UK Coaching	BHA Nutritional support for the professional jockey	1.5	None
UK Coaching	BHA Supporting safe and responsible gambling	1.5	None
UK Coaching	BHA Level 3 Horse in Sickness and Health	1.5	None
UK Coaching	BHA Level 2 Promoting Horse Health	1.5	None
UK Coaching	BHA Level 2 Assisting with Feeding and Watering	1.5	None
UK Coaching	How to Coach, Plan, Do and Review	1	None
UK Coaching	UK Coaching: Inspiring Positive Behaviour in Sport	1	Coach (Occupation)
UK Coaching	UK Coaching: BHA A positive approach for elite performance	1.5	None
UK Coaching	UK Coaching: BHA professionalism in sport	1.5	None
UK Coaching	Equality in Sport and Physical Activity	2	Coach (Occupation)
UK Coaching	Time2Learn (free monthly webinars)	0.5	None
UK Coaching	Introduction to the Sport of Boccia eLearning	0.5	None
UK Coaching	Internal Quality Assurance (IQA) CPD eLearning	0.5	None
UK Coaching	Coach Learning Programme - Developing the role of a Coach Workshop	3	Coach (Occupation)
UK Coaching	Coach Learning Programme - Developing the role of a Coach Elearning	1	Coach (Occupation)
UK Coaching	Coach Learning Programme - Developing the role of a Coach Portfolio	2	Coach (Occupation)
UK Coaching	Inclusive Activity Programme CPD eLearning	0.5	None
UK Coaching	Inclusive Activity Programme (Full)	4	Working inclusively - working with disabled people (Population)
UK Coaching	Coach Learning Programme- Developing your coaching practice E-learning (module 2)	3	Coach (Occupation)



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Organisation name	CPD Title	CPD Points	Professional Standard
UK Coaching	Coach Learning Programme- Developing your coaching practice Workshop (module 2)	6	Coach (Occupation)
UK Coaching	Coach Learning Programme- Developing your coaching practice portfolio (module 2)	1	Coach (Occupation)
UK Coaching	Safeguarding Children and Young People Renewal: Digital Safety for Children in Sport	2	Safeguarding Children (technical)
UK Coaching	Safeguarding Children and Young People renewal (eLearning): Working with Parents and Carers in Sport	2	Safeguarding Children (technical)
UK Coaching	Safeguarding Children and Young People Renewal: Protecting/Deaf and Disabled Children in Sport	2	Safeguarding Children (technical)
ukactive	Active Uprising: Sweat – Brand Value	0.5	None
UK Coaching	How to: Plan, Coach, Reflect.	1	None
UK Coaching	Coaching People with a visual impairment	2	Working inclusively- working with disabled people (population)
UK Coaching	Coach Learning Programme – Developing the Coaching Environment Elearning	1	Coach (Occupation)
UK Coaching	Coach Learning Programme – Developing the Coaching Environment Workshop	3	Coach (Occupation)
UK Coaching	Coach Learning Programme – Understanding the Individuals you Coach Elearning	1	Coach (Occupation)
UK Coaching	Coach Learning Programme – Understanding the Individuals you Coach Workshop	3	Coach (Occupation)
UK Coaching	Coach Learning Programme – Understanding the Individuals you Coach eportfolio	2	Coach (Occupation)
UK Coaching	Coach Learning Programme – Developing the Coaching Environment eportfolio	2	Coach (Occupation)
UK Coaching	Creating a Successful Coaching Environment	0.25	None
UK Coaching	Welfare Officer Training – Time to Listen	1.5	None
UK Coaching	Coaching people in Blind/VI Tennis	0.25	None
UK Coaching	Coaching people in Blind VI Football	0.25	None
ukactive	Active Uprising – Sweat: Digital Pivot	0.5	None
ukactive	Sweat	1.5	None
ukactive	Active Uprising – Generation Active: Open Doors Panel – Unlocking the Youth Voice	0.5	None
ukactive	Active Uprising – Generation Active: Members Panel – Children Activity Providers in a post COVID19 World	0.5	None
ukactive	Active Uprising – Workplace Wellbeing: Corporate Gym Membership 2:0 – how do we respond to the opportunity?	0.5	None
ukactive	Active Uprising – Workplace Wellbeing: Corporate Gym Membership 2:0 – what do businesses want and need?	0.5	None
ukactive	Active Uprising – Social Prescribing & Power of Data	0.5	None



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Organisation name	CPD Title	CPD Points	Professional Standard
ukactive	ukactive National Summit	1.5	None
ukactive	Active Uprising – Empowering the Workforce: The Reality of COVID-19 and Preparing the Workforce	0.5	None
ukactive	Active Uprising – Generation Active: Play On Panel – Connecting communities through a physical activity ecosystem	0.5	None
ukactive	Active Uprising Keynote – Casey Stoney MBE	0.5	None
ukactive	Active Uprising – Challenging the Mindset: Resilience	0.5	None
ukactive	Active Uprising – Digital Transformation	0.5	None
ukactive	Learning and Development Networking Event	0.5	None
ukactive	Active Uprising – Measuring what Matters	0.5	None
ukactive	Active Uprising – Empowering the Workforce: Leadership after Lockdown	0.5	None
ukactive	Active Uprising – Empowering the Workforce: Don't tell – have a coaching conversation	0.5	None
ukactive	Active Uprising – Empowering the Workforce: 'A year on, where is the workforce now'	0.5	None
ukactive	Active Uprising – Digital Transformation – Future of the sector in five years: Creating consumer brand value	0.5	None
ukactive	UK Active L&D event – Working with people with LTC	0.5	None
Uni Learning	Behavioural Change for Trainers	8	Personal trainer (Occupation)
Uni Learning	Olympic Lifting	6	Personal trainer (Occupation)
Uni Learning	Fitness Testing	4	Personal trainer (Occupation)
Uni Learning	Sports Psychology	4	None
Uni Learning	Box Fit	8	Core group exercise instructor (Occupation)
Uni Learning	Planning & Delivering Group exercise sessions in the outdoor environment (Bootcamp)	8	Core group exercise instructor (Occupation)
Uni Learning	Indoor Cycling	8	Core group exercise instructor (Occupation)
Uni Learning	Kettlebell Instructor	8	Core group exercise instructor (Occupation)
VFitnow	Little People's Pilates	4	Working with children (Populations)
Virgin Active	Internal Functional Strength & Conditioning Master/Expert Trainer Level	10	Personal trainer (Occupation)
Virgin Active	Safeguarding Awareness	2	"Safeguarding Adults (technical) Safeguarding Children (technical) "
Virgin Active	GRID Foundation	8	Core group exercise instructor (Occupation)
Virgin Active	TWO Day GRID Training	10	Core group exercise instructor (Occupation)
Virgin Active	Cycle Power & Tempo	10	Core group exercise instructor (Occupation)
Virgin Active	Introduction to Boxing Foundation	10	Core group exercise instructor (Occupation)
Virgin Active	Business Acumen for PTs	6	Personal trainer (Occupation)
Virgin Active	Exercise Experience for PTs	4	Personal trainer (Occupation)
Virgin Active	Business Acumen for PTs	6	Personal trainer (Occupation)



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Organisation name	CPD Title	CPD Points	Professional Standard
Virgin Active	Exercise Experience for PTs	4	Personal trainer (Occupation)
Virgin Active	Sales for PT	5	Personal trainer (Occupation)
Virgin Active	Posture Analysis	1.5	Personal trainer (Occupation)
Virgin Active	Building Rapport & Needs Analysis	1	Personal trainer (Occupation)
Virgin Active	Group Exercise: Yoga Course (Internal programmes)	10	Core group exercise instructor (Occupation)
Virgin Active	Difficult Conversations and Feedback	1	Entry manager - Exercise and Fitness Management (Occupation)
Virgin Active	Head of Operations - Finance	1	Entry manager - Exercise and Fitness Management (Occupation)
Virgin Active	Head of Exercise Experience - Day to Day Operations	1	Entry manager - Exercise and Fitness Management (Occupation)
Virgin Active	Head of Exercise Experience- Group Ex Management and Product Knowledge	1	Entry manager - Exercise and Fitness Management (Occupation)
Virgin Active	Coaching Skills	1	Entry manager - Exercise and Fitness Management (Occupation)
Virgin Active	Head of Memberships- Optimising the Team	1	"Entry manager (no specialism) Entry manager - Exercise and Fitness Management (Occupation)"
Virgin Active	Head of Memberships- Reviewing Membership Data	1	Entry manager (no specialism)
Virgin Active	Head of Operations- Day to Day Operations	5	Entry manager - Leisure Operations Management (Occupation)
Virgin Active	Head of Exercise Experience- Managing PT Revenue	4	"Entry manager (no specialism) Entry manager - Exercise and Fitness Management (Occupation)"
Virgin Active	Problem Solving and Decision Making	6	Entry manager - Leisure Operations Management (Occupation)
Virgin Active	Advanced Member Experience and Complaint Handling	3	Entry manager - Exercise and Fitness Management (Occupation)
Virgin Active	One Team	3	Entry manager - Exercise and Fitness Management (Occupation)
Virgin Active	Head of Operations- Safety	6	Entry manager - Leisure Operations Management (Occupation)
Virgin Active	GRID Training	10	Core group exercise instructor (Occupation)
Virgin Active	Generating Leads	1.5	Personal trainer (Occupation)
Virgin Active	Time & Diary Management	1	Personal trainer (Occupation)
Virgin Active	Initial Consultation & Communication	1	Personal trainer (Occupation)
Virgin Active	Social Media	1	Personal trainer (Occupation)
Virgin Active	Introduction to Sales	1.5	Personal trainer (Occupation)
Virgin Active	Introduction to Exercise Experience	2	Personal trainer (Occupation)
Virgin Active	Introduction to Business Acumen	3	Personal trainer (Occupation)



## Training Provider Partner – Endorsed CPD

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Organisation name	CPD Title	CPD Points	Professional Standard
Virgin Active	Connection & Member Contact	2	Personal trainer (Occupation)
Virgin Active	Boxing camp	10	Core Group Exercise instructor (Occupation)
Virgin Active	Lift Club	8	Core group Exercise instructor (Occupation)
Virgin Active	Master Group Exercise Instructor course	8	Core group Exercise instructor (Occupation)
Vivobarefoot Ltd	Barefoot Movement Coach	2	None
Water Fitness	Water Fitness CPD Update Masterclasses	1.5	None
Water Fitness	Water Fitness Level 2 Deep and Shallow Water Instructor conversion course	4	None
Wattbike	Wattbike Foundation Workshop (F-2-F)	4	None
Wattbike	Wattbike Small Group Training (F-2-F)	6	Core group exercise instructor (Occupation)
Wattbike	Wattbike Fitness Assessment and Testing Workshop	4	None
Wattbike	Nucleus Online Foundation course	1	Personal trainer (Occupation)
Wattbike	Pro/Trainer Online Foundation course	1	Personal trainer (Occupation)
Wattbike	AtomX online foundation course	1	Personal trainer (Occupation)
Wright Foundation CIC	Exercise for Arthritis Course	10	Working with people with long term conditions (Populations)
Wright Foundation CIC	Physical Activity Behaviour Change CPD webinar	1	None
Wright Foundation CIC	Behaviour Change Solutions: Keeping Clients' Motivated	1	None
Wright Foundation CIC	Behaviour Change Solutions: Action Planning with clients	1	None
Wright Foundation CIC	Behaviour Change Solutions: Understanding clients' needs	1	None
Wright Foundation CIC	Respiratory Conditions and Exercise CPD Webinar	1	Working with people with long term conditions (Populations)
Wright Foundation CIC	Exercise for Long Term Neurological Conditions	10	Working with people with long term conditions (Populations)
Wright Foundation CIC	Level 4 Pulmonary Rehabilitation Qualification	10	Working with people with long term conditions (Populations)
Wright Foundation CIC	Exercise and Arthritis CPD Webinar	1	None
Wright Foundation CIC	Understanding exercise for mental health CPD	1	Working with people with long term conditions (Populations)
Wright Foundation CIC	Level 4 Mental Health	10	None
Wright Foundation CIC	Level 4 Cardiac Rehabilitation Phase IV Qualification	10	None
Wright Foundation CIC	Level 4 Obesity & Diabetes Course	10	Working with people with long term conditions (Populations)
Wright Foundation CIC	Level 3 Diploma in GP Exercise Referral	10	None
Wright Foundation CIC	Wright Foundation CIC UK Virtual Seminar	2	None
Wright Foundation CIC	Level 4 Cancer Rehabilitation	10	Working with people with long term conditions (Populations)
Wright Foundation CIC	Obesity CPD Webinar	0.5	None
Wright Foundation CIC	Wright Foundation - Arthritis	10	Working with people with long term conditions (Populations)
Wright Foundation CIC	Level 4 Chronic Lower Back Pain	10	Working with people with long term conditions (Populations)
Wright Foundation CIC	Exercise for Neurological Conditions Webinar	1	Working with people with long term conditions (Populations)
Wright Foundation CIC	Exercise for Neurological Conditions	1	Working with people with long term conditions (Populations)
Wright Foundation CIC	Supporting people with eating disorders in exercise environments webinar	1	Working with people with long term conditions (Populations)
XPOLE Development Centre	XPERT Pole Fitness – 1 & 2	10	None



## Training Provider Partner – Endorsed CPD

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Organisation name	CPD Title	CPD Points	Professional Standard
YMCAfit	High-Intensity Interval Training	4	None
YMCAfit	Kettlebell Pro	3.5	Core group exercise instructor (Occupation)
YMCAfit	Suspension Training	3.5	None
YMCAfit	Vinyasa Yoga	10	None
YMCAfit	Indoor Cycling	10	Core group exercise instructor (Occupation)
YMCAfit	Padwork for PT's	6	Personal trainer (Occupation)
YMCAfit	Padwork for Small Groups	3.5	None
YMCAfit	Core Stability	3.5	None
YMCAfit	Supple Strength	3.5	None
Yoga 2 Hear	Antenatal and Postnatal Yoga Instructor	10	Working with antenatal and postnatal clients (Populations)
Yoga Scotland	Yoga Teacher Training 500hrs	10	None
Yoginis Yoga Training Ltd	Teaching Yoga and Mindfulness to Key Stage1&2 (5-11 years)	10	Coach (Occupation)
Yoginis Yoga Training Ltd	Teaching Yoga and Mindfulness to Early Years (2-5) Levels 1-4	10	Coach (Occupation)
Your Gym Sports Performance	L4 Strength & Conditioning Award	10	None
Your PT	Advanced Personal Training Business Course 'How to build and sustain a long term profitable Personal Training business'	10	"Personal trainer (Occupation) Aspiring Manager (no specialism) "
Your PT	Personal Trainer Business Skills Foundation	5	None
Youth Sport Trust	Top Coach	10	None
Zumba	ZUMBA INSTRUCTOR LICENSING PROGRAM/BASIC STEPS 1	10	Core group exercise instructor (Occupation)
Zumba	Zumba Basic 1	8	Core group exercise instructor (Occupation)
Zumba	STRONG Nation™	8	Core group exercise instructor (Occupation)
Zumba	Zumba® Toning	8	Core group exercise instructor (Occupation)
Zumba	Zumba® Step	8	Core group exercise instructor (Occupation)
Zumba	Zumba® Rhythms 2	8	Core group exercise instructor (Occupation)
Zumba	Zumba® Rhythms 3	8	Core group exercise instructor (Occupation)
Zumba	Zumba® Pro Skills	8	Core group exercise instructor (Occupation)
Zumba	Aqua Zumba®	8	Core group exercise instructor (Occupation)
Zumba	Jump Start Kids & Kids Jr.	10	Core group exercise instructor (Occupation)
Zumba	Zumba® Kids + Kids Jr.	8	Core group exercise instructor (Occupation)
Zumba	Zumba Gold®	8	Core group exercise instructor (Occupation)
Zumba	JUMP START GOLD	10	Core group exercise instructor (Occupation)
Zumba	CIRCL Mobility	7	Core group Exercise instructor (Occupation)





*Shaping a **recognised, valued and inclusive** sport and physical activity sector that everyone can be a part of.*

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