

# Questions

## and ANSWERS



### What is a personnel fitness coach?

A personal fitness coach is a motivational facilitator dedicated to helping clients make changes in their lives, creating lifestyles rich in regular exercise and healthy eating.

### What will the course give me?

Graduates will develop new skills in motivational and lifestyle coaching as well as 30 CEC points and confidence they will be able to grow their clientele, retain current clients and build an even better fitness business.

### What are the pre-requisites?

Students must already possess a recognised national qualification in fitness / personal training.

### What do I need to be able to learn online?

All you need is an internet connected computer (broadband) and headset/earphones. Check out our free demos to get a real feel for how it works.

### How will I know if my computer will be able to work with this software?

98% of all internet connected computers already have FLASH enabled. If not you can download it for free from the Adobe website.

### Can I ask questions?

Yes, you have a text messaging facility in all sessions as well as opportunity to verbally ask questions if you have a microphone.

### What will I see?

You will see live video of the presenting

tutors, full PowerPoint presentations, recorded video for demonstration, interactive whiteboards and exciting web tours.....

### Who will be able to see me?

No-one, don't worry. You are able to sit in the background and soak up the information, make notes and text in questions as they come to you. Relax in your own home and enjoy the course.

### Why should I study online?

Online study provides an opportunity to learn without spending time away from your clients or business and without compromising quality.

### How do I access recorded libraries?

Once you enrol on a course you will access the recorded libraries through the online academy website enabling you to play and replay sessions as you require to support your learning.

### Who are the presenters?

All courses, seminars and keynotes are specifically chosen professionals or / and experienced online coaches to ensure a great experience every time.

### How do I enrol?

Simply visit our online shop or call us on 317-644-0960

