

Vol. 01

FIT ^{halo}angels

ACADEMY

MASTER THE MINDSET OF A
**Fitness
Entrepreneur**

**Online Learning
at it's Best!**

Experience Learning through
The Locker Room

**Accredited Personal
Trainer Course**
Internationally Recognised

LEARNING FROM NOT JUST
EDUCATORS BUT
**PRACTITIONER'S
WHO EXCELLED IN
THE FIELD**



Crafted by seasoned experts holding Master's Degrees in fields of Exercise Science, our course offers a unique blend of theoretical expertise and real-world practicality.

Fitness Instructor Occupational Certificate

Job: Personal Trainer / Group Fitness Instructor / Gym Manager / Fitness Entrepreneur

Credits: 180 credits

NQF Level: 4

Accrediting Body: QCTO

Study Mode: Online with weekly webinars & 3x weekly Learner Check-Ins

Duration: 12 months to complete

Our course is thoughtfully designed to revolve around four key pillars:

Seamless Learning Experience

We've streamlined the learning process, making it hassle-free by delivering all course materials through 'The Locker Room,' our vibrant online learning platform.

Mastery in Motion

Our focus on precision ensures that you not only learn but excel in the practical elements, with perfect technique, alignment and execution being the guiding principles.

Empowering Future Entrepreneurs

We instill a strong entrepreneurial spirit by infusing the curriculum with practical, stimulating applications, setting you on the path to create your own opportunities upon graduation.

Mentorship & Support

You're never left to navigate this journey alone. Our meticulously structured learning platform, coupled with unwavering step-by-step guidance throughout the course, guarantees your motivation remains steadfast from start to finish.



Our Mission

To **empower** female fitness professionals with practical **entrepreneurial skills** & a **solutions-focused** mindset through an **exceptional online learning experience**.

Embracing **Christian values** & **servant leadership**, we cultivate a supportive **community** that prioritizes collaboration, well-being, and **critical thinking**, providing individualized approaches grounded in exercise science.

Our Vision

Fit Angels Academy envisions empowering women to **excel** as **top-tier fitness professionals** and **entrepreneurs**. We aim to cultivate a community of **knowledgeable**, **successful**, and **trailblazing** individuals who drive positive change in the fitness industry and beyond.



Director

& Developer

Founded by Tindall Alicia de Brouwer, Fit Angels Academy is built on a solid foundation of expertise and passion. With a Master's Degree in Adapted Physical Activity from the Catholic University of Leuven (Belgium) and an Honours Degree in Biokinetics from the University of Pretoria (South Africa), Tindall has been a dedicated educator in exercise sciences since 2013.

Her mission is to empower students to create their own opportunities, and she thrives on mentoring aspiring fitness professionals as they navigate the business world. In 2018, Tindall launched her own start-up successfully applying her entrepreneurial skills before selling the business in 2024.

Recognizing the underrepresentation of women in the fitness industry and the need for innovative online program delivery, Tindall returned to education in 2022, reigniting her passion for teaching and empowering the next generation of female fitness entrepreneurs. At Fit Angels Academy, she is committed to reshaping the fitness landscape and creating a vibrant community of knowledgeable, confident women ready to excel in their careers.



Where learning is a journey & not an obligation

Learning materials are presented with interactive lessons, gamification, storytelling, custom 3D animations, well-designed slides, easy-to-read manuals & carefully structured content for a seamless learning journey.

Accredited learning material may be similar across institutions, but *how* it's presented is what sets us apart!

How to Perform A SQUAT Perfectly..

fitangels

1 Set-Up



2 Downwards Phase



3 Upwards Phase



FITT



esistance.

AIR OR PNEUMATIC MACHINES

Utilize compressed air for resistance.



User Level: ☆☆☆☆☆ to ☆☆☆☆☆





Psychology

The theories behind motivation & how to keep your client motivated. A motivated client will keep coming back for more which creates a viable & sustainable business.



Practical

Demonstrating is one thing, teaching correct technique is another thing. We focus demonstrating, instructing & teaching with PERFECT alignment & the PERFECT REP.



Business

The essential skills in planning, organizing, controlling & leading. Emphasizing effective communication, price negotiations, reading financials, legal compliance, ensuring you are fully prepared to manage every aspect of a successful fitness business, from marketing & financial management to HR and health & safety.



Nutrition

Everything you need to know from counting macros, identifying fad diets, to supplements, to sample contest prep diets.

Testing



Exercise testing (i.e. skin folds, aerobic capacity, 1RM etc.) to determine your client's baseline levels compared to normative data.

Entrepreneurship



Learn about different business models & creating a lifestyle business. The basics of social media marketing & personal branding. What makes you unique & how to monetize it.

Anatomy



In order to sculpt the body effectively you need to understand the medium you are working with, you need to know your anatomy.

Physiology



Physiology is the “why” behind training methods. Understanding the foundation prepares you for designing effective programmes.

Our learners are set-apart.

We bring a wealth of experience, having successfully launched and managed thriving businesses even in the face of adversity, such as navigating through the challenges of COVID lockdowns and economic downturns. Our proficiency spans diverse domains including entrepreneurship, management, contest preparation, rehabilitation, strength and conditioning, and high-level sports competition. We're not just educators; we're practitioners who've excelled in the field.

At the core is a profound sense of care -

for our learners, our dedicated staff, and our valued stakeholders. This unwavering commitment is the bedrock of our exceptional service delivery. We pledge to consistently go above and beyond, harnessing our full capabilities to ensure that our service always reflects the depth of our care and dedication.



COURSE FEES

Upfront Fee

R23 999

+ R2000 non-refundable registration fee

Online learning which includes weekly webinars & thrice weekly learner check-in's during each study block

First 20

The first 20 learners to pay upfront receives a special discounted price of R18 999*

First 20 Saves 20 (%)

SPECIAL OFFER

Installment Fees

Pay over 3 months:

Course Fee R23 999*
= R7 999.67 per month

Pay over 6 months:

Course Fee R 25 199*
= R4 199.83 per month

Pay over 9 months:

Course Fee R26 399*
= R2 933.21 per month

*excludes R2000 upfront non-refundable registration fee



The Small Print

PRE-REQUISITES FOR APPLICATION:

A minimum of a grade 11 is required (Passmark 30 - 39%) OR a subsequent NQF Level 3 qualification in the field of exercise science.

We also need a valid ID or Passport for the accrediting body.

RESOURCES REQUIRED TO COMPLETE THE COURSE:

- A laptop/PC
- A stable internet connection & data
- Camera Phone
- Web Browser
- Textbook (*to be purchased separately*)
- Practical Equipment (*to be purchased separately*)
- Access to a gym (*a membership is not required but it is recommended*)

The Locker Room can be accessed via your phone/tablet. This does offer flexibility in your learning when "on the go".

However for your assignments you WILL require a PC/Laptop with Word Processing Software (i.e. MS Word). A smart phone/tablet on it's own will not suffice.

OTHER TS & CS:


A 5-day cooling off period applies after which a full refund can be provided.

In the event that course material has been accessed on the Locker Room, no refund can be provided. If a payment plan is opted for, the learner is still liable for the fees if they decide to de-register.

12 months are allocated for completion. A course extension would need to be applied for at an additional cost.

Learners need to submit proof of a Level 1 First Aid Certificate (performed externally at learner's own cost).

Fit Angels cannot be held liable if webinars or LCI's are missed. Make-up webinars will not be scheduled.



We are driven by the desire to help you unearth your purpose, embrace your uniqueness, discover your passions, and carve out your niche in the world of fitness.



ENROL TODAY!

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