



The Endeavour Academy  
Great Learning-Great Living

# Course Prospectus

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## Who are we?



The Endeavour Academy is the educational branch of Endeavour Gym, a world class personal training facility in the west of Dublin, for the past 20 years we have specialised in the delivery of high-quality personal fitness and now education!

Our dynamic, innovative, and flexible approach to education provision ensures that all our learners gain the skills and qualifications they need to succeed in the health and fitness industry.

We are dedicated to improving the standards and expectations of training within the health & fitness industry, and we will continually strive to provide both evidence and practical based courses that learners will not only enjoy but will also find challenging, rewarding, and inspirational.

**‘at the Endeavour academy, we aim to kickstart a fulfilling career and not just deliver a course’**

## Why choose us?

- We are industry leaders, working from one of the first full-time personal training gyms in Dublin.
- We teach real evidence-based strength and conditioning methods, methods we’ve used successfully for the past 17 years.
- You will learn from highly experienced coaches some with over 25,000 PT sessions completed.
- Our workshops are approximately 75% practical based learning.
- You will gain the skills needed to succeed in the health and fitness industry.
- Here’s the ‘kicker’, Integrated into our course, we have allotted a large portion of time to allow you to intern with highly experienced coaches @ Endeavour Gym, providing you with real ‘in the trenches’ experience with real clients. We are the only facility in the country who do this, therefore our courses are longer.

## Our Mission

When establishing The Endeavour Academy, we decided we wanted to be different to other training providers, we felt that there was room within the crowded fitness market for a company that could challenge the status quo and provide training that was not only excellent value, but also fun, innovative, and customer focused. This provided the foundation for determining our mission, vision and core values that underpin the PT Academy

## Our Vison

To be the industry leader in personal training studies within Ireland

This vision allows us to deliver excellence in each of our courses, we don't just want to deliver 'any auld fitness course', we aim to give our students a real-world education, giving them the tools to succeed and build their own business within the health and fitness market.

## Our Values

### 1. Quality

High quality service is at the heart of what we do, it is our aim to not only meet but exceed the expectations of our customers, at the Endeavour academy we aim to kickstart a fulfilling career and not just deliver another course.

### 2. Learning should be fun.

But challenging! We place great emphasis on the enjoyment that our students get from the courses and to ensure that our training courses are fun, challenging, and inspirational

### 3. Excellent value for money.

Price and value are not the same thing, when you train with the Endeavour Academy, **you will receive a world class education** in a world class facility, for this reason you can't and shouldn't compare us to other providers.



## Message from the Head of Centre



At the Endeavour Academy we are all about quality training methods, quality facilities, quality equipment and of course the highest quality coaching. At our HQ we have been leading the fitness industry for the past 20 years

in Dublin

The function of the Endeavour Academy is simple, to produce quality, complete coaches. These coaches will be equipped with the essential practical skills needed for immediate employment and further, to achieve results with clients, a skillset vital for a fulfilling career in the health and fitness industry. My wish for each student who participates in one of our courses is that they will reach the highest possible academic standard and leave The Endeavour Academy with a strong belief in their own worth, safe in the knowledge that they are talented enough to create an exciting future ahead for themselves.

Frank Temple, MSc.

## Recognition

Our Qualifications are aligned to The EHFA Standards, these are a European benchmark for vocational education and training within the health and fitness sector across Europe.

Here in Ireland, REPS Ireland is responsible for the administration on this. When you Qualify with the Endeavour Academy, you are eligible to then register on the '**National Register of Exercise Professionals**'. The Register of Exercise Professionals (REPs Ireland) has been established to professionalise the fitness industry through the promotion of standards. REPs Ireland ensures that registered members are appropriately qualified with the knowledge, skills and competencies required to perform their role effectively.



# Courses

**Fitness Coach**



**Personal Trainer**



**Advanced Exercise Coach**



## Fitness Coach

Title	Fitness Coach
Qualification	EQF level 3
Entry requirements	None
Duration	9 Weeks part-time
Assessment	Theory Practical Logbook Continuous Assessment
Recognition	Reps Ireland

This EQF level 3 fitness coach qualification represents the entry level for those seeking employment in the health and fitness industry. It will allow you to work with the general population, planning safe and effective exercise programmes that improve fitness and promote a healthy lifestyle. During this course you will gain an understanding of how to screen new clients, assess their levels of fitness and plan progressive training. Further, to demonstrate and coach safe, progressive exercise that can be scaled to the exerciser's ability level.

### Is this course for you?

- A genuine interest in other people's health and fitness?
- A desire to excel in the health and fitness industry
- A desire to learn from the best and excel within the health and fitness industry

## Modules

MOD 1	Business Administration
MOD 2	Lifestyle Management
MOD 3	Human Movement
MOD 4	Coaching Methods
MOD 5	Testing and Resistance Training
MOD 6	Aerobic / Anaerobic Training + flexibility + Circuits



## Personal Trainer

<b>Title</b>	Personal Trainer
	EQF level 4
<b>Entry requirements</b>	EQF level 3
<b>Duration</b>	17 weeks part-time
<b>Assessment</b>	Theory Case study / Practical Continuous Assessment
<b>Recognition</b>	Reps Ireland

The EQF level 4, Personal Trainer qualification represents an advanced qualification for those seeking employment in the health and fitness industry.

- Our primary goal is to help our students develop into incredible coaches who can walk into any training facility in the world and hold their own.
- Graduates may find employment as a self-employed freelance coach, part of a high calibre PT studio or Semi-Private coaching facility.

### Is this course for you?

- A genuine interest in other people's health and fitness?
- A desire to excel in the health and fitness industry
- Desire to learn from the best and excel within the health and fitness industry

## Modules

- MOD 1 Business Management
- MOD 2 Functional anatomy
- MOD 3 Nutrition
- MOD 4 Mindset
- MOD 5 Health Assessment
- MOD 6 Training + Programming





## Advanced Exercise Coach

Title	Advanced Exercise Coach
Qualification	EQF level 3 + 4
Entry requirements	None
Duration	23 Weeks part-time
Assessment	Theory Practical Logbook Case Study Continuous Assessment
Recognition	Reps Ireland

The EQF level 3+4, Advanced Exercise Coach Qualification represents an advanced qualification for those seeking an accelerated route to a personal training qualification and subsequently, employment in the health and fitness industry.

- Our primary goal is to help our students develop into incredible coaches who can walk into any training facility in the world and hold their own.
- Graduates may find employment as a self-employed free-lance coach, part of a high calibre PT studio or Semi-Private coaching facility.

Is this course for you?

- Do you have a genuine interest in other people's health and fitness?
- Do you want to learn advanced training techniques to help improve another individual's health?
- Do you have the desire to succeed in a fulfilling and rewarding industry?
- Do you want to learn from some of the most experienced coaches in Ireland?

## Modules

### EQF Level 3 Modules

- MOD 1 Business Administration
- MOD 2 Lifestyle Management
- MOD 3 Human Movement
- MOD 4 Coaching Methods
- MOD 5 Testing and Resistance Training
- MOD 6 Aerobic / Anaerobic Training + flexibility + Circuits

### EQF Level 4 Modules

- MOD 1 Business Management
- MOD 2 Functional anatomy
- MOD 3 Nutrition
- MOD 4 Mindset
- MOD 5 Health Assessment
- MOD 6 Training + Programming



# Advanced Exercise Coach

## Fitness Coach

Business Administration	Lifestyle Management	Human Movement	Coaching Methods	Testing + Resistance Training	Aerobic/Flexibility /Circuit Training
<ul style="list-style-type: none"> <li>Administration</li> <li>The role of the fitness professional</li> <li>Evidence Based practice</li> <li>Screening / Consultation / Communication</li> <li>Health and safety</li> <li>Customer Care</li> <li>Receiving feedback</li> <li>Data Management</li> <li>Critical evaluation of training</li> </ul>	<ul style="list-style-type: none"> <li>Principles of training</li> <li>Lifestyle</li> <li>Fitness</li> <li>Nutrition</li> <li>Stress Disease</li> </ul>	<ul style="list-style-type: none"> <li>Human Movement 101: 1: Skeletal System, Muscular system, Circulatory System</li> <li>Human Movement 101 2: Nervous system and energy demands</li> <li>Adaptations to training / Energy systems</li> </ul>	<ul style="list-style-type: none"> <li>Warmups /Cooldown</li> <li>Monitoring</li> <li>Spotting</li> <li>Coaching Cues</li> <li>Adaptation and regression of exercises</li> <li>Adaptation exercise to special populations</li> </ul>	<ul style="list-style-type: none"> <li>Testing 1 (Body composition, MSE + Flexibility)</li> <li>Anatomical Adaptation / Programming</li> <li>Coaching Exercise to individuals 1: Body weight</li> <li>Coaching Exercise to individuals 2: BB (Squat, Bench Deadlift</li> <li>Coaching Exercise to individuals 3: Machines, DB's, Med Balls,</li> </ul>	<ul style="list-style-type: none"> <li>Aerobic / Anaerobic Theory and Programming</li> <li>VO2 max testing (treadmill, 2km row</li> <li>Stretch theory and programming</li> <li>Circuits 1: Single system</li> <li>Circuits 2: Mixed Methods</li> <li>Circuits 3: Suspension training / Kettlebells</li> </ul>

## Personal Trainer

Professional Practice	Functional Anatomy	Nutrition	Mindset	Testing	Conditioning
<ul style="list-style-type: none"> <li>Code of practice - Scope of the personal trainer</li> <li>Screening</li> <li>Coaching philosophy: aim to be a zero!</li> <li>Standard operating procedures</li> <li>Customer services</li> <li>Communication</li> <li>Advertising and marketing</li> <li>Website design</li> <li>Financials</li> </ul>	<ul style="list-style-type: none"> <li>Cell Structure and function</li> <li>Kinesiology – Biomechanics</li> <li>Skeletal System</li> <li>Muscular System</li> <li>Nervous System</li> <li>The Endocrine System</li> <li>The Cardiorespiratory system</li> <li>Bioenergetics</li> </ul>	<ul style="list-style-type: none"> <li>Nutrition 101: Nutrients and hydration</li> <li>Diets / Energy balance</li> <li>Eating for performance</li> <li>Healthy sustainable Eating</li> </ul>	<ul style="list-style-type: none"> <li>Goal Setting</li> <li>Motivation</li> <li>Motivational interviewing</li> </ul>	<ul style="list-style-type: none"> <li>Testing Protocol</li> <li>Posture</li> <li>Movement screening</li> <li>Anthropometrics</li> <li>Flexibility</li> <li>Balance</li> <li>Coordination</li> <li>Reaction Time -</li> <li>Power-Speed</li> <li>Agility</li> <li>Anaerobic output</li> <li>Strength</li> <li>MSE</li> <li>Aerobic Capacity</li> </ul>	<ul style="list-style-type: none"> <li>Adaptations to training</li> <li>Programming</li> <li>Monitoring</li> <li>Anatomical Adaptation Basic Programming, Bodyweight training, core training</li> <li>Hypertrophy Principles – Mechanisms – Training variables</li> <li>S+P 1 Powerlifting (Squat Bench, Deadlift, and accessories)</li> <li>S+P 2 Olympic weightlifting (clean, jerk, snatch, and accessories)</li> <li>S+P 3 Plyometrics, Speed, Ballistic Training (Landing, jumping, running, throws)</li> <li>S+P 4 Complex / Contrast, Complexes, Accommodating Resistance</li> <li>S+P 5 Strongman (drags, pushes, carries)</li> <li>Aerobic Conditioning 1 Running, Balance, Agility, Coordination</li> <li>Aerobic Conditioning 2 Rowing / Cycling / Skiing</li> <li>Aerobic Conditioning 3 Anaerobic conditioning (HIIT, Intervals)</li> <li>Flexibility 1SMR / Static / Assisted</li> <li>Flexibility 2 Dynamic/ Ballistic</li> <li>The personal training session</li> </ul>



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For more information or further information on up-to-date course schedule or fees,

please see our website [www.endeavouracademy.ie](http://www.endeavouracademy.ie).

If you would like to arrange a free 121 education consultation,

please fill in the application form <https://www.endeavouracademy.ie/application-form>

and we will get back to you promptly to arrange a visit to our facility.

