

Gym Etiquette

Please be reminded that, depending on your chosen course, you may be using the gym alongside paying members of that gym. It is therefore important that you remain professional and respectful at all times.

It is the requirement of the gyms that we use that men are required to wear sleeved t-shirt (long or short) at all times.

For the purpose of health & safety, minimal jewellery should be worn and long hair should be tied back. Remember that as fitness professionals, you have a duty to promote a positive image and lead by example.

Written Assignments and Case Studies

In order to ensure a high level of presentation, it is preferred that your written assignments and case studies are word processed. This is not compulsory as long as you can ensure that your handwriting is neat and legible.

It is compulsory that you keep a copy of any assignment that you submit to be marked. If you are posting your work to your tutor or assessor, you are advised to send your work by registered post.