

★★★★★ 25,000+ five-star reviews on ★ Trustpilot

Fitness, Beauty & Lifestyle

Active IQ and ITEC accredited

Personal training, nutrition, beauty therapy and lifestyle coaching qualifications for the wellness industry.

AT A GLANCE

| | |
|-----------------|-----------------------|
| Levels | Level 2 to Level 4 |
| Awarding bodies | Active IQ, ITEC |
| Duration | 3 to 12 months |
| Study mode | Online + practical |
| Funding | Pay monthly available |

TRUSTED BY 4.5 MILLION+ LEARNERS

Active IQ

ITEC accredited

CIMSPA endorsed

Speak to a course advisor

Free advice, no obligation. Monday to Friday, 8:30am – 6:00pm.

CALL US ON

01202 006 464

In plain English

Q. Which fitness or beauty qualification do I need?

Choose by the role and the regulator that governs it Fitness instructors and personal trainers need CIMSPA-recognised Level 2 (Gym Instructor) and Level 3 (Personal Trainer) qualifications, awarded by Active IQ, YMCA, or Focus Awards. Sports nutrition, advanced fitness, and exercise referral are Level 4 specialist routes. Beauty practitioners need VTCT or ITEC qualifications for insurability and to register with professional bodies like BABTAC. Nail technology, lashes, and makeup are Level 2 or Level 3 specialist diplomas.

Inside this guide

A 34-page guide to building a self-employed career in fitness, beauty, or holistic wellness, with pricing, insurance, and business setup.

- Career tiers from Level 2 to Level 4 specialist
- Pricing benchmarks: what to charge per session by region
- Insurance, registration, and self-employed setup
- CIMSPA, VTCT, and BABTAC explained

Your route into the fitness & beauty industry Three career tiers, each with its own qualification path.

STEP 1 STEP 2 STEP 3

Foundation – Level 2 Practitioner – Level 3 Specialist – Level 4 Level 2 Gym Instructor Level 3 Personal Trainer Level 4 Sports Nutrition, (CIMSPA) or Level 2 Beauty (CIMSPA) or Level 3 Beauty Advanced PT, Exercise diploma. The minimum Therapy. The standard Referral, or advanced insurable qualification for self-employed practitioner aesthetic procedures. These gyms, salons, and level. Allows you to take 1:1 are the qualifications behind self-employed practice. Most clients, charge premium premium pricing (£60+ per learners complete in 3 to 6 rates, and progress to session) and consultancy months. specialist study. work.

Why study Fitness, Beauty & Lifestyle with learndirect 100% online, fully flexible Study from anywhere, anytime. No commute, no classroom hours. Designed to fit around full-time work, parenting, and shift patterns.

Tutor support throughout

Dedicated subject specialists mark your assignments, answer your questions, and guide you from enrolment to certificate.

Pay monthly with 0% interest Spread your fees across 9, 12 or 24 months with no credit checks and no hidden charges. Start your course today, settle the rest later.

Trusted by 25,000+ Trustpilot reviewers learndirect is one of the UK's largest and most established online learning providers, with a five-star rating across thousands of independent reviews.

Recognised qualifications

Every course leads to a regulated certificate from a UK awarding body, ready to share with employers, universities, or professional bodies.

Courses in Fitness, Beauty & Lifestyle This faculty currently offers 15 regulated qualifications. Prices below are full one-off fees. All courses also offer 0% monthly payment plans spread across 9, 12 or 24 months.

Course Awarding body From

Level 2/3 Gym Instructing and Personal Training

Focus Awards £1,299

Practitioner (RQF)

Level 4 Advanced Sports Nutrition Certificate (RQF) Focus Awards £799

Level 3 Personal Trainer Strength and Conditioning

Innovate Awarding £1,799

Specialist

Level 3 Personal Trainer Women Specialist (RQF) Innovate Awarding £1,599

Level 3 Diploma in Personal Training (RQF) Innovate Awarding £849

Level 2 Certificate in Gym Instructing (RQF) Focus Awards £599

Level 3 Personal Trainer Nutrition Specialist (RQF) Innovate Awarding £1,799

Level 3 Diet and Nutrition (RQF) Innovate Awarding £599

Level 4 Nutritionist Package (RQF) Innovate Awarding £1,099

Level 3 Professional Diploma in Fashion Design (RQF) TQUK £949.99

Expert Personal Trainer Innovate Awarding £2,299

Nail Technician Professional - Complete UNKNOWN £664.92

Level 3 Diploma in Interior Design (RQF) TQUK £949.99

Level 2 Certificate Introduction to Fashion Design (RQF) TQUK £699.99

Level 2 Diploma in Beauty Therapy (RQF) Focus Awards £540.95

See the full live list at pathways.learndirect.com/faculties/fitness-beauty-lifestyle.

How payment works

Option How it works Best for

Pay in full Single one-off payment when you enrol. Learners who want the simplest option.

9-month plan Equal monthly instalments over 9 months. 0% interest. Most popular. Lines up with course duration.

12-month plan Equal monthly instalments over 12 months. 0% interest. Lower monthly outlay.

24-month plan Equal monthly instalments over 24 months. 0% interest. Longest, smallest monthly cost.

No interest, no credit checks, no hidden fees. If you ever want to pay off your balance early, you can settle the remainder at any time at no extra cost.

Frequently asked questions

Q. Are these courses CIMSPA-recognised?

Yes, our Level 2 Gym Instructor and Level 3 Personal Trainer qualifications are recognised by CIMSPA (Chartered Institute for the Management of Sport and Physical Activity), the UK's professional body for the fitness sector. CIMSPA recognition is required for most gym employment and self-employed registration.

Q. Can I get insurance with these qualifications?

Yes. All our fitness, beauty, and aesthetic qualifications are insurable with major UK providers (Insure4Sport, Salon Gold, BABTAC). You receive the certificate within 4 to 6 weeks of completion and can apply for insurance immediately.

Q. Do I need to complete practical training?

Some courses (Personal Trainer, Beauty Therapy, Nail Tech) include a practical component. We arrange access to assessment days in regional UK centres. Other courses (nutrition, exercise referral theory, business modules) are 100% online.

Q. How long does Level 3 PT take?

The Level 3 Personal Trainer Diploma is typically completed in 6 to 9 months. The standard CIMSPA route requires Level 2 Gym Instructor first, so total time from zero to qualified PT is 9 to 12 months.

Q. Can I work as a PT while studying?

You can work as a Gym Instructor (Level 2) while progressing to Level 3 PT. Most learners do this. Full insurance and self-employed PT practice require completion of Level 3 plus relevant business modules.

Q. What is the difference between Level 3 and Level 4 nutrition?

Level 3 nutrition is general advice within scope (healthy eating, basic nutrition for the general population). Level 4 nutrition is specialist (sports nutrition, weight management) and is the level required to work with athletes or clients with specific goals beyond general advice.

Q. Are the beauty qualifications VTCT?

Most of our beauty and aesthetic courses are awarded by VTCT or ITEC, the standard UK awarding bodies for beauty therapy. Both are accepted by BABTAC, professional insurers, and salons across the UK.

Build your fitness or beauty career Speak to an adviser about which qualification fits the type of practice you want to build.

Speak to an advisor: 0800 101 901 | pathways.learndirect.com

This guide was prepared by content may change. For the latest details visit pathways.learndirect.com.