



WHO TO CONTACT

This document shows who you need to contact if you have any questions in regards to each Blended Learning course and specific unit. Please scroll down to your course (shown below in page numbers). Page numbers are in the top right of each page.

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Level 2 Certificate in Gym Instructing
Who to contact

Unit	Tutor	Email / Contact
Unit 1 - Principles of Anatomy, Physiology and Fitness	Ciaran	ciaran@platinumtraininginstitute.com
Unit 2 - Professionalism and Customer Care for Fitness Instructors	Lauren	lauren@platinumtraininginstitute.com
Unit 3 - Health and Safety in the Fitness Environment	James Mc	jmc@platinumtraininginstitute.com
Unit 4 - Conducting Client Consultations to Support Positive Behaviour Change	Jill	jill@platinumtraininginstitute.com
Unit 5 - Planning and Instructing Gym Based Exercise	Ciaran	ciaran@platinumtraininginstitute.com
Assessments	Ciaran	ciaran@platinumtraininginstitute.com

- Coursework will be marked by each Tutor within 2 weeks of submission
- Ciaran will reply to emails on Mondays and Fridays
- Lauren will reply to emails on Wednesdays
- James Mc will reply to emails between Mondays and Fridays
- Jill Mc will reply to emails on Fridays



Level 2 Award in Leading Physical Activity for Adolescents

Who to contact

Unit	Tutor	Email / Contact
Unit 1 - Physical Activity, health and development considerations for adolescents	Lauren	lauren@platinumtraininginstitute.com
Unit 2 - Programming safe and effective physical activity for adolescents	Lauren	lauren@platinumtraininginstitute.com
Assessments	Lauren	lauren@platinumtraininginstitute.com

- Coursework will be marked within 2 weeks of submission
- Lauren will reply to emails on Wednesday

Level 2 Award in Mental Health Awareness

Who to contact

Unit	Tutor	Email / Contact
Unit 1 - Mental Health Awareness	Naomi	naomi@platinumtraininginstitute.com
Unit 2 - Mental Health First Aid	Naomi	naomi@platinumtraininginstitute.com
Assessments	Naomi	naomi@platinumtraininginstitute.com

- Coursework will be marked within 2 weeks of submission
- Naomi will reply to emails on Wednesday



Level 3 Diploma in Personal Training
Who to contact

Unit	Tutor	Email / Contact
Unit 1 - Applied Anatomy and Physiology for Exercise, Health and Fitness	Ciaran	ciaran@platinumtraininginstitute.com
Unit 2 - The Principles of Nutrition and their Application to exercise and Health	Jill	jill@platinumtraininginstitute.com
Unit 3 - Understanding Lifestyle, Health, Well-being and Common Medical Conditions	Ciaran	ciaran@platinumtraininginstitute.com
Unit 4 - Encouraging Positive Health and Fitness Behaviours in Clients	Lauren	lauren@platinumtraininginstitute.com
Unit 5 - Programme Design and Delivery for Personal Training	Ciaran	ciaran@platinumtraininginstitute.com
Unit 6 - Professionalism and Business Acumen for Personal Trainers	Kelly	kmhope@gmail.com
Assessments	Ciaran	ciaran@platinumtraininginstitute.com

- Coursework will be marked by each Tutor within 2 weeks of submission
- Ciaran will reply to emails on Mondays and Fridays
- Lauren will reply to emails on Wednesdays
- James Mc will reply to emails between Mondays and Fridays
- Jill will reply to emails on Fridays
- Kelly will reply to emails on Tuesdays and Thursdays



Level 3 Diploma in Exercise Referral
Who to contact

Unit	Tutor	Email / Contact
Unit 1 - Anatomy and Physiology for Exercise and Health	Ciaran	ciaran@platinumtraininginstitute.com
Unit 2 - Professional Practice for Exercise Referral Instructors	James Mc	jmc@platinumtraininginstitute.com
Unit 3 - Understanding Medical Conditions for Exercise Referral	Ciaran	ciaran@platinumtraininginstitute.com
Unit 4 - Applying the Principles of Nutrition and Physical Activity	PTI	info@platinumtraininginstitute.com
Unit 5 - Planning Exercise Referral Programmes with Patients	James Mc	jmc@platinumtraininginstitute.com
Unit 6 - Instructing exercise with Referred Patients	James Mc	jmc@platinumtraininginstitute.com
Assessments	Ciaran	ciaran@platinumtraininginstitute.com

- Coursework will be marked by each Tutor within 2 weeks of submission
- Ciaran will reply to emails on Mondays and Fridays
- James Mc will reply to emails between Mondays and Fridays



Level 3 Diploma in Instructing Pilates Mat Work
Who to contact

Unit	Tutor	Email / Contact
Unit 1 - Principles of Exercise, Fitness and Health	Lee	lee@platinumtraininginstitute.com
Unit 2 - Anatomy and Physiology for Exercise and Health	Lee	lee@platinumtraininginstitute.com
Unit 3 - Know how to support clients who take part in exercise and physical activity	Lee	lee@platinumtraininginstitute.com
Unit 4 - Health, safety and welfare in a fitness environment	Lee	lee@platinumtraininginstitute.com
Unit 5 - Principles of Pilates Mat Work	Victoria	training@stretchbodymind.com
Unit 6 - Programming Pilates Mat Work	Victoria	training@stretchbodymind.com
Unit 7 - Instructing Pilates Mat Work	Victoria	training@stretchbodymind.com
Assessments	Victoria	training@stretchbodymind.com

- Coursework will be marked by each Tutor within 2 weeks of submission
- Victoria will reply to emails on Wednesdays and Thursdays
- Lee reply to emails on Mondays, Wednesdays and Fridays



Level 3 Award in Supporting Pre and Post Natal Clients with Exercise and Nutrition

Who to contact

Unit	Tutor	Email / Contact
Unit 1 - Physical Activity, health and nutritional considerations for pre and post natal clients	Lauren	lauren@platinumtraininginstitute.com
Unit 2 - Programming safe and effective exercise sessions for pre and post natal clients	Lauren	lauren@platinumtraininginstitute.com
Assessments	Lauren	lauren@platinumtraininginstitute.com

- Coursework will be marked within 2 weeks of submission
- Lauren will reply to emails on Wednesday

Level 3 Award in Designing Exercise Programmes for Older Adults

Who to contact

Unit	Tutor	Email / Contact
Unit 1 - Physical Activity and health considerations for the older adults	Lauren	lauren@platinumtraininginstitute.com
Unit 2 - Designing and adapting exercise programmes for the older adult	Lauren	lauren@platinumtraininginstitute.com
Assessments	Lauren	lauren@platinumtraininginstitute.com

- Coursework will be marked within 2 weeks of submission
- Lauren will reply to emails on Wednesday



Level 3 Award in Designing Exercise Programmes for Disabled Clients

Who to contact

Unit	Tutor	Email / Contact
Unit 1 - Physical Activity and health considerations for disabled people	James Mc	jmc@platinumtraininginstitute.com
Unit 2 - Designing and adapting exercise programmes for the disabled clients	James Mc	jmc@platinumtraininginstitute.com
Assessments	James Mc	jmc@platinumtraininginstitute.com

- Coursework will be marked within 2 weeks of submission
- James Mc will reply to emails between Mondays and Fridays



OTHER COURSES

Who to contact

Course	Tutor	Email / Contact
Level 2 Award in Smoking Cessation and Awareness - ALL UNITS	Naomi	naomi@platinumtraininginstitute.com
Level 2 Award in Alcohol Awareness - ALL UNITS	Naomi	naomi@platinumtraininginstitute.com
Level 2 Award in Safeguarding and Protecting Children and Vulnerable Adults - ALL UNITS	Naomi	naomi@platinumtraininginstitute.com
Level 2 Award in Understanding Nutrition Performance and Health Eating - ALL UNITS	Jill	jill@platinumtraininginstitute.com
Level 2 Certificate in Promoting Community Health and Well-being - ALL UNITS	Naomi	naomi@platinumtraininginstitute.com
Level 3 Award in Nutrition for Sport and Exercise Performance - ALL UNITS	Jill	jill@platinumtraininginstitute.com
Level 4 Certificate in Advanced Personal Training - ALL UNITS	Ciaran	ciaran@platinumtraininginstitute.com