



# COURSE TIMETABLE 2023 - 2024 PLATINUM TRAINING INSTITUTE™

CLICK THE COURSE NAME FOR MORE INFO.

**COURSE NAME:**

**DATES:**

**CERTIFICATE IN WEIGHT MANAGEMENT FOR INDIVIDUALS WITH OBESITY, DIABETES MELLITUS &/OR METABOLIC SYNDROME**

**AUG 5TH - SEPT 3RD 2023**

**BREATHWORK FACILITATOR TRAINING**

**SEPT 12TH - NOV 28TH - 2023**

**AWARD IN ADAPTING EXERCISE FOR ANTE NATAL & POST NATAL CLIENTS**

**SEPT 16TH - OCT 4TH - 2023**

**LOW BACK PAIN SPECIALIST DIPLOMA IN BIOMECHANICS COACHING™**

**SEPT 23RD - NOV 12TH - 2023**

**PTI DIPLOMA IN PERSONAL TRAINING**

**SEPT 25TH 2023 - APR 20TH - 2024**

**DIPLOMA IN PHYSICAL ACTIVITY AND WELLBEING FOR ADULTS WITH MENTAL HEALTH CONDITIONS**

**OCT 3RD - DEC 12TH - 2023**

**DIPLOMA IN EXERCISE REFERRAL**

**OCT 7TH - NOV 26TH - 2023**

**DIPLOMA IN TEACHING PILATES**

**JAN 13TH - JUNE 2ND - 2024**

**AWARD IN ADAPTING EXERCISE FOR ANTE NATAL & POST NATAL CLIENTS**

**JAN 20TH - FEB 7TH - 2024**

**DIPLOMA IN EXERCISE REFERRAL**

**FEB 3RD - APR 6TH - 2024**

**SELF MYOFASCIAL RELEASE (SMR)**

**APR 13TH - 2024**

**OLYMPIC AND ACCESSORY LIFTS FOR PHYSIOLOGICAL DEVELOPMENT WORKSHOP**

**APR 20TH - 2024**

**AWARD IN PROGRAMMING AND SUPERVISING EXERCISE WITH DISABLED CLIENTS**

**MAY 8TH - MAY 15TH 2024**

**AWARD IN DELIVERING CHAIR BASED EXERCISE**

**MAY 20TH - MAY 29TH 2024**

**MOTIVATION AND BEHAVIOURAL SCIENCE TECHNIQUES TO HELP CLIENTS GET AND STAY ACTIVE WORKSHOP**

**JUNE 3RD - 2024**

**ANNUAL PTI WEBINAR**

**JUNE 22ND - 2024**

**NATIONAL ACADEMY OF SPORTS MEDICINE (NASM) COURSES**

**START ANYTIME**