

Internship Program Fitness Instructor

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Internship Program
Fitness Instructor

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01 Introduction

In recent years, the number of users signed up to a gym to enhance their physique or improve their health is increasing. Therefore, fitness centers require professionals capable of providing the right knowledge to their customers to achieve their goals or avoid uncomfortable injuries. This work is carried out by the instructors, so the job opportunities are very wide for these specialists. Therefore, this program will provide the professional with the best practical skills to help them grow in this sector. During these 3 weeks of realistic experience in a gym, the student will master the latest techniques to avoid ailments during strength or resistance training. Therefore, this program will give them the most up-to-date and applicable skills in their working life.

“

With this program, you will be able to learn everything you need to manage a gym and run a group class with people with metabolic pathologies"





In recent decades, the *fitness* world has undergone a great evolution. In this new society, more and more people are seeking to achieve certain physical standards for which exercise is essential. For this reason, more and more gyms are becoming crowded with users determined to improve their bodies and, for this, these institutions demand qualified professionals who can respond, in a concrete and knowledge-based manner, to the needs of customers. In addition, the profession of Fitness Instructor has become a career with great benefits and opportunities, as there is a wide range of job opportunities not only nationally, but also internationally. However, in order to carry out this job effectively and based on excellence, the acquisition and renewal of professional knowledge is a fundamental issue.

Taking into account the above, this Internship Program aims to provide the Sports Science professional with the most up-to-date and innovative practical knowledge in terms of management and fitness monitoring in gyms. For 3 weeks, the student will perform the tasks of a Fitness Instructor in a relevant sports center. During this time, important aspects such as the administration of this type of sports institutions, the identification of the physiology of exercise or the management and monitoring of group classes will be carried out.

During the internship at this gym, the professional will have the advice and counsel of a tutor to achieve the best practical knowledge in this field. In this way, the student is offered a transversal and complete vision of the Fitness Instructor's work that will allow them to work according to the latest developments in the profession.

02

Why Study an Internship Program?

Postgraduate studies in the field of sports activities must have resources that complement the updating of theoretical contents. Therefore, it is necessary to provide the tools to put into practice all the acquired knowledge. Based on this, TECH has created an exclusive and completely new program in the academic world, which will allow the specialist the experience of accessing a sports environment for 3 weeks. In this program, the student will develop in a practical way the up-to-date techniques for strength training oriented to body re-composition, accompanied and guided by the best specialists in *fitness*. It is, therefore, an experience that offers the Fitness Instructor a learning experience applicable to their working life and adapted to the needs of the market.



TECH's innovative program will allow you to immerse yourself for 3 weeks in a real gym experience to acquire the latest practical knowledge in strength or resistance training"

1. Updating from the Latest Available News

The world of *fitness* has changed in recent years due to the emergence of new performance systems, the progressive elimination of harmful exercises and the popularization of functional training. For this reason, and so that the expert knows all these advances, TECH has designed this Internship Program, with which the professional will have access to a state-of-the-art sports center and will boost their job opportunities.

2. Gaining In-Depth Knowledge from the Experience of Top Specialists

This program's high quality is guaranteed by the large number of professionals who will guide the specialist during their practical training. Through the appointment of a private tutor, the student will handle the latest techniques and sports tools in a high-quality sports center. With this, they will be able to incorporate the most up-to-date sports work plans and strategies in gyms into their work routine.

3. Entering First-Class Sports Environments

Thanks to TECH's commitment to choosing the best centers available for practical training, the specialist will have access to a prestigious sports environment oriented to the world of *fitness*. With this, the student will detect the work mechanisms that guarantee the provision of great services to users.



4. Putting the acquired knowledge into daily practice from the very first moment

In the world of education, there is a predominance of educational programs focused on offering exclusively theoretical content and adapted to rigid schedules. For this reason, TECH has opted to create a 100% practical learning model, which will allow the student to live a first-person work experience in just 3 weeks.

5. Expanding the Boundaries of Knowledge

TECH offers the possibility of doing this Internship Program, not only in national, but also in international centers. In this way, the expert will be able to expand their boundaries and keep up to date with the best professionals, who practice in first class sports centers and in different continents. A unique opportunity that only TECH, the largest online university in the world, could offer.



*You will have full practical immersion
at the center of your choice"*

03 Objectives

TECH's Internship Program for Fitness Instructors was created with the objective of promoting the acquisition of practical skills in the student, which will become the basis on which they support their daily practice, with the help of the best specialists in high-quality sports centers



General Objectives

- Acquire knowledge based on the most current scientific evidence with full applicability in the practical field
- Master and apply with certainty the most current training methods to improve sports performance and quality of life, as well as to improve the most common pathologies
- Identify the principles governing exercise physiology as well as biochemistry



Make a career in the world of sports and begin to achieve your professional goals by taking this complete academic program"





Specific Objectives

- ◆ Perform sports counseling in both normal populations for aesthetic or quality of life purposes as well as in populations with common pathologies
- ◆ Understand how the physiological systems involved in physical activity respond to a single exercise session, and how various training modes and environmental conditions can modify these systems and their stress response
- ◆ Coordinate the administrative aspects of a gym so that it functions optimally
- ◆ Identify the differences between popular concepts and beliefs about mobility and its training, as well as the objectives and different application methods and their repercussion in time at a neuromuscular level and, consequently, in sports performance
- ◆ Know in depth the methodological and pedagogical profile behind the different group class proposals that can be found in most training centers and gyms
- ◆ Understand and know how to apply the planning and programming of training adjusted to the needs of individuals with obesity in order to generate perceptible changes in the health of the person
- ◆ Know and use the different tests and physical tests that exist with the objective of knowing the state of physical fitness of the individual
- ◆ Apply the latest scientific and technological advances for the control of loads during strength training

04

Educational Plan

The Fitness Instructor Internship Program consists of a 3-week practical stay in a prestigious center, divided into 8-hour consecutive days from Monday to Friday, under the guidance of a specialist trainer. This phase will allow you to observe real cases alongside a professional team of reference in the field of Sports Sciences, applying the most innovative sports procedures.

In this training proposal, completely practical in nature, the activities are aimed at developing and perfecting the skills necessary for the provision of sports care in areas and conditions that require a high level of qualification and are oriented towards specific training for the exercise of the activity, in a safe environment and high professional performance.

It is, therefore, an excellent opportunity to learn by working in a field that is characterized by the application and mechanical mastery of the most beneficial exercises for health. Therefore, you will assimilate the new trends that set the direction of the world of fitness in a completely practical way to enhance your professional skills.

The practical teaching will take place with the active participation of the student carrying out the activities and procedures in each area of skills (learning to learn and learning to do),

with the accompaniment and guidance of teachers and other training partners that facilitate teamwork and multidisciplinary integration as transversal skills for the fitness consulting practice (learning to be and learning to relate).



Receive specialized education in an institution that can offer you all these possibilities, with an innovative academic program and a human team that will help you develop your full potential"



The procedures described below will be the basis of the practical part of the training, and their implementation will be subject to the center's own availability and workload, the proposed activities being the following:

Module	Practical Activity
Exercise Physiology and Physical Activity	Master the process of protein synthesis and degradation.
	Know how energy systems condition the performance of physical training.
	Analyze the different mechanisms that make possible the measuring fatigue possible.
	Examine the conditions to be taken into account for the safe performance of sports in extreme physiological conditions
Mobility Training	Establish the most useful exercises for mobility training
	Determine the most efficient methods of muscle recovery at the present time
	Apply the most appropriate mobility training techniques based on the characteristics of the athlete.
	Carry out training plans oriented to the improvement of joint mobility
	Determine the particularities of mobility required by an injured athlete in order to optimize the recovery process.
Group Classes	Master the principles of load control in group classes
	Analyze the necessary aspects to deliver the GAP practice in a safe way
	Manage the strategies to maximize the athlete's performance in functional training
	Know the particularities of classes for adults over 65 years old
Strength Training	Master the latest mechanisms to evaluate strength
	Program strength training oriented to injury prevention and rehabilitation
	Analyze the keys to power training
	Establish the relationship between strength and muscular hypertrophy
Indoor Targeted Personal Training	Planning an indoor workout for patients with metabolic syndrome
	Program an in-room strength-training program
	Elaborate an in-room resistance training program
	Assess the existing precautions and contraindications in indoor training

05 Where Can I Do the Internship Program?

In order to offer quality education within the reach of most people, TECH has strategic alliances to carry out this program in a center of high prestige and innovation. A unique opportunity that allows the professional to continue to improve their career alongside the best specialists in the sector in various reference Centers.



With TECH, you can experience a way of learning that is shaking the foundations of traditional universities around the world"





The student will be able to do this program at the following centers:



Sports Science

Altafit - Odeón

Country	City
Spain	La Coruña

Address: Polígono Ind la, Rúa Cataluña, 20,
15570 Gandara, A Coruña

Network of innovative gyms with more than 80 centers
throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Vitoria Guridi

Country	City
Spain	Alava

Address: San Prudencio Kalea, 6, 01005
Gasteiz, Álava

Network of innovative gyms with more than 80 centers
throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Vitoria los Herrán

Country	City
Spain	Alava

Address: C. de los Herrán, 34, 01004
Vitoria-Gasteiz, Álava

Network of innovative gyms with more than 80 centers
throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Albacete

Country	City
Spain	Albacete

Address: C. San José de Calasanz, 8-10,
02002 Albacete

Network of innovative gyms with more than 80 centers
throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - San Vicente Velódromo

Country	City
Spain	Alicante

Address: Complejo Deportivo Sur, C/ Major, s/n, 03690, Alicante

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Benidorm

Country	City
Spain	Alicante

Address: Avd. L'Aiguera, 11, 03502 Benidorm, Alicante

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Badajoz

Country	City
Spain	Badajoz

Address: Calle Ricardo Carapeto Zambrano, S/N, 06008 Badajoz

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Terrassa

Country	City
Spain	Barcelona

Address: Carrer Navarra, 10, 08227 Terrassa, Barcelona

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Diagonal

Country	City
Spain	Barcelona

Address: C/ de Mallorca, 318, 08037 Barcelona

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Paralelo

Country	City
Spain	Barcelona

Address: Carrer de Vila i Vilà, 50-52, 08004 Barcelona

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Burgos Pentasa

Country	City
Spain	Burgos

Address: C. Juan Ramón Jiménez, 1, 09007 Burgos

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Cáceres

Country	City
Spain	Cáceres

Address: Av. de España, 15, 10002 Cáceres

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Cádiz Loreto

Country: Spain
City: Cadiz

Address: Av. Alcalde Manuel de la Pinta, 24, 11011 Cádiz

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Chiclana

Country: Spain
City: Cadiz

Address: Av. de los Descubrimientos, 1, 11130 Chiclana de la Frontera, Cádiz

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Cádiz

Country: Spain
City: Cadiz

Address: 8, C. Miguel Martínez de Pinillos, 5, 11008 Cádiz

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Donostia

Country: Spain
City: Gipuzkoa.

Address: Peña y Goñi Kalea, 12, 14, 20002 Donostia-San Sebastian, Gipuzkoa

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Logroño

Country: Spain
City: La Rioja BORRAR

Address: C. Duquesa de la Victoria, 32, 26004 Logroño, La Rioja

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - 7 Palmas

Country: Spain
City: Las Palmas

Address: Centro Comercial 7Palmas, Av Pintor Felo Monzón, 44, 35019 Las Palmas de Gran Canaria, Las Palmas

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Las Arenas

Country: Spain
City: Las Palmas

Address: Centro Comercial Las Arenas, Local T19, Ctra. del Rincón, S/N, 35010 Las Palmas de Gran Canaria, Las Palmas

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Vegueta

Country: Spain
City: Las Palmas

Address: C. Bernardino Correa Viera, 8, 35002 Las Palmas de Gran Canaria, Las Palmas

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - León Plaza

Country	City
Spain	León

Address: Centro Comercial León Plaza,
Av. los Peregrinos, 8, 24008 León

Network of innovative gyms with more than 80 centers
throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Ponferrada

Country	City
Spain	León

Address: Av. de la Constitución, 2, 24404
Ponferrada, León

Network of innovative gyms with more than 80 centers
throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

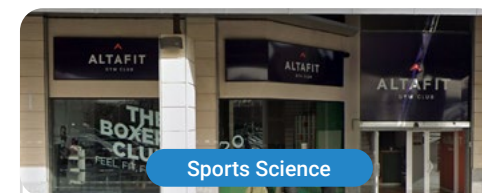
Altafit - Lugo

Country	City
Spain	Lugo

Address: Av. Reverendo Xosé Fernández
Núñez, 10, 27004 Lugo

Network of innovative gyms with more than 80 centers
throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Parquesur

Country	City
Spain	Madrid

Address: Av. de Gran Bretaña, 28916
Leganés, Madrid

Network of innovative gyms with more than 80 centers
throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Loranca

Country	City
Spain	Madrid

Address: Av. de Pablo Iglesias, 25, 28942
Fuenlabrada, Madrid

Network of innovative gyms with more than 80 centers
throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Vistalegre

Country	City
Spain	Madrid

Address: Av. de Ntra. Sra. de Fátima,
34, 28047 Madrid

Network of innovative gyms with more than 80 centers
throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Ciudad Lineal

Country	City
Spain	Madrid

Address: C. de los Hermanos García Noblejas,
43, 28037 Madrid

Network of innovative gyms with more than 80 centers
throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Majadahonda

Country	City
Spain	Madrid

Address: Av. de los Reyes Católicos, 8, 28220
Majadahonda, Madrid

Network of innovative gyms with more than 80 centers
throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Vallecas

Country	City
Spain	Madrid

Address: C. de Valderrebollo, 1, 28031 Madrid

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Leganés Centro

Country	City
Spain	Madrid

Address: C. del Aligustre, 5-1, 28912 Leganés, Madrid

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Puerta Del Sol

Country	City
Spain	Madrid

Address: C. Mayor, 6, 28013 Madrid

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - San Sebastián de los Reyes

Country	City
Spain	Madrid

Address: P.º de Europa, 28, 28703 San Sebastián de los Reyes, Madrid

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Santa Eugenia

Country	City
Spain	Madrid

Address: Av. de Santa Eugenia, 6, 28031 Madrid

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

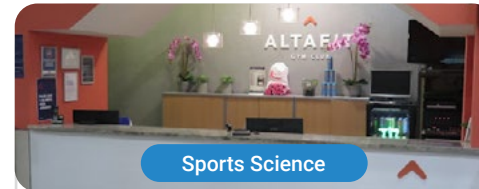
Altafit - Alcalá de Henares

Country	City
Spain	Madrid

Address: c/Ronda fiscal, P.º de Pastrana, 8 esq, 28803 Alcalá de Henares, Madrid

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Alcalá El Val

Country	City
Spain	Madrid

Address: C. Valladolid, s/n, 28804 Alcalá de Henares, Madrid

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Conde de Casal

Country	City
Spain	Madrid

Address: Av. del Mediterráneo, 50, 28007 Madrid

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Madrid Río

Country	City
Spain	Madrid

Address: Cl. del Mármol, 5, 28005 Madrid

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Rivas

Country	City
Spain	Madrid

Address: C. de la Madera, 19, 28522 Rivas-Vaciamadrid, Madrid

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Fuenlabrada

Country	City
Spain	Madrid

Address: Centro Comercial Las Provincias, Av. de las Provincias, 18, 28941 Fuenlabrada, Madrid

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Palacio De Vistalegre

Country	City
Spain	Madrid

Address: Av. de la Plaza de Toros, s/n, 28025 Madrid

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor





Sports Science

Altafit - Estudiantes

Country City
Spain Madrid

Address: C. Serrano, 127, 28006 Madrid

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Fuengirola

Country City
Spain Malaga

Address: C. Francisco de Pizarro, 2, 29640 Fuengirola, Málaga

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Vélez-Málaga

Country City
Spain Malaga

Address: Avenida Juan Carlos I, s/n, CC El Ingenio, 29740 Torre del Mar, Málaga

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Porto Pi

Country City
Spain Baleares

Address: Centro Comercial, Av. de Gabriel Roca, 54, 07015 Palma, Balearic Islands

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Molina de Segura

Country City
Spain Murcia

Address: Av. de Granada, s/n, 30500 Molina de Segura, Murcia

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

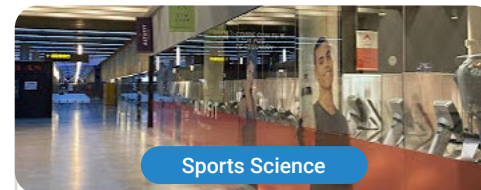
Altafit - Murcia

Country City
Spain Murcia

Address: Rda. de Levante, 15, 30008 Murcia

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Pamplona Estación

Country City
Spain Navarra

Address: C. Yanguas y Miranda, 2, 31003 Pamplona, Navarra

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Pamplona Iturrama

Country City
Spain Navarra

Address: Av. de Sancho El Fuerte, 8, 31007 Pamplona, Navarra

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Ansoáin

Country	City
Spain	Navarra

Address: C. José María Jimeno Jurío, 31013 Ansoáin, Navarra

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Ronda Norte

Country	City
Spain	Navarra

Address: C. Bizkarmendia, 2, 31600 Burlada, Navarra

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Gijón Natahoyo

Country	City
Spain	Asturias

Address: C. de Rosalía de Castro, 4, 33212 Gijón, Asturias

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Gijón San Agustín

Country	City
Spain	Asturias

Address: Pl. Romualdo Alvargonzález Lanquine, 33202 Gijón, Asturias

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Oviedo

Country	City
Spain	Asturias

Address: C. Matemático Pedrayes, 9, 33005 Oviedo, Asturias

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

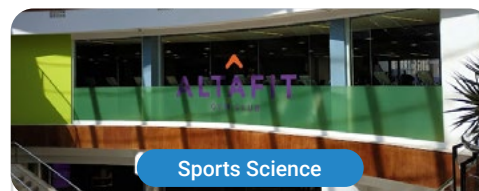
Altafit - Oviedo Ayala

Country	City
Spain	Asturias

Address: C. Matemático Pedrayes, 2, 33004 Oviedo, Asturias

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

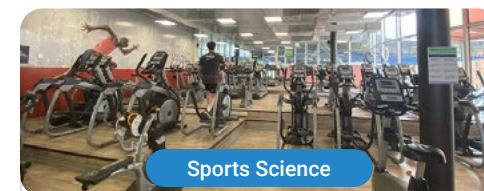
Altafit - Vigo Pza. Elíptica

Country	City
Spain	Pontevedra

Address: C.C. Plaza Elíptica, Praza Francisco Fernández del Riego, s/n, 36203 Vigo, Pontevedra

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Salamanca

Country	City
Spain	Salamanca

Address: P.º de la Estación, 122, 37004 Salamanca, Centro Comercial Vialia Salamanca

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Tenerife

Country: Spain
City: Santa Cruz de Tenerife

Address: Calle Sgto. Provisional, S/N, 38010 Santa Cruz de Tenerife

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Arena Valencia

Country: Spain
City: Valencia

Address: C.C. Arena Multiespacio, C. de Santa Genoveva Torres, Torre, 21, 46019 Valencia

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Valencia Campanar

Country: Spain
City: Valencia

Address: Plaça del Pare Domènech, 5, 46009 València, Valencia

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

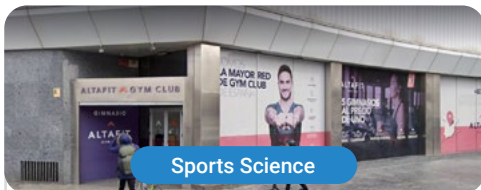
Altafit - Valencia Uruguay

Country: Spain
City: Valencia

Address: C. de l'Uruguai, 11, 46007 València, Valencia

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Valencia Parque Central

Country: Spain
City: Valence

Address: Carrer de les Filipines, 39, 46006 València, Valencia

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

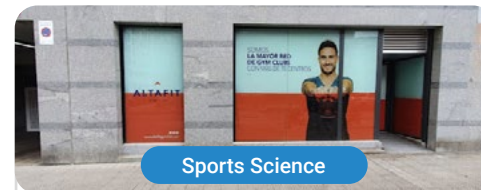
Altafit - Deusto

Country: Spain
City: Vizcaya

Address: Centro Comercial Bidarte, Madariaga Etorbidea, 24, 48014 Bilbao, Vizcaya

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Miribilla

Country: Spain
City: Vizcaya

Address: Espinosa Orive Doktoarean Kalea, 5, 48003 Bilbo, Vizcaya

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

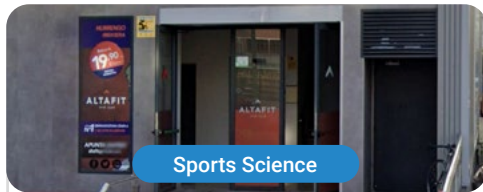
Altafit - Ballonti

Country: Spain
City: Vizcaya

Address: Ballonti Etorb., 1, 48920 Portugalete, Vizcaya

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

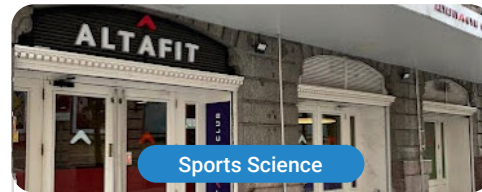
Altafit - Getxo Leioa

Country	City
Spain	Vizcaya

Address: Amaia Kalea, 29, 48930 Getxo, Vizcaya

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

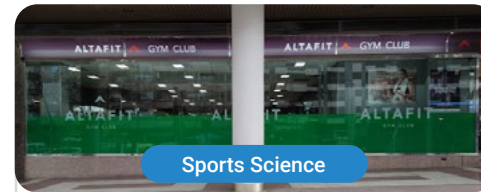
Altafit - Bilbao Abando

Country	City
Spain	Vizcaya

Address: José María Olavarri Kalea, 1, 48001 Bilbo, Vizcaya

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Zaragoza

Country	City
Spain	Zaragoza

Address: Av. Cesáreo Alierta, 9, 50008 Zaragoza

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Zaragoza Delicias

Country	City
Spain	Zaragoza

Address: C. Santander, 30, 50010 Zaragoza

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

Altafit - Zaragoza Gran Casa

Country	City
Spain	Zaragoza

Address: C. de María Zambrano, 35, 50018 Zaragoza

Network of innovative gyms with more than 80 centers throughout Spain.

Related internship programs:
Fitness Instructor



Sports Science

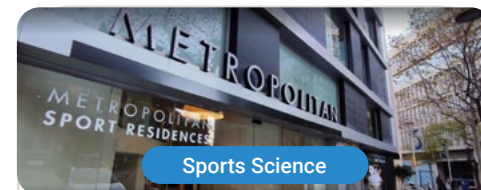
Crys Dyaz & Co

Country	City
Spain	Madrid

Address: Cl. de la Azalea, 1, 28109 Alcobendas, Madrid

Company for the promotion of physical activity and sports during pregnancy puerperium.

Related internship programs:
Fitness Instructor



Sports Science

Club Metropolitan Sagrada Familia

Country	City
Spain	Barcelona

Address: C/ de Provenza, 408, 08025 Barcelona

The largest national chain of Sports, Health and Wellness Centers in Spain.

Related internship programs:
- Therapeutic Personal Training
Fitness Instructor



Sports Science

Club Metropolitan Iradier

Country	City
Spain	Barcelona

Address: C/ de les Escoles Pies, 105, 08017 Barcelona

The largest national chain of Sports, Health and Wellness Centers in Spain.

Related internship programs:
- Therapeutic Personal Training
Fitness Instructor



Sports Science

Club Metropolitan Balmes

Country: Spain City: Barcelona

Address: C/ de Balmes, 215, 08006 Barcelona

The largest national chain of Sports, Health and Wellness Centers in Spain.

Related internship programs:

- Therapeutic Personal Training Fitness Instructor



Sports Science

Club Metropolitan Las Arenas

Country: Spain City: Barcelona

Address: Gran Via de les Corts Catalanes, 373, 385, 08015 Barcelona

The largest national chain of Sports, Health and Wellness Centers in Spain.

Related internship programs:

- Therapeutic Personal Training Fitness Instructor



Sports Science

Club Metropolitan Galileo

Country: Spain City: Barcelona

Address: C/ de Galileu, 186, 08028 Barcelona

The largest national chain of Sports, Health and Wellness Centers in Spain.

Related internship programs:

- Therapeutic Personal Training Fitness Instructor



Sports Science

Club Metropolitan Badalona

Country: Spain City: Barcelona

Address: C. de Sant Miquel, 16, 08911 Badalona, Barcelona

The largest national chain of Sports, Health and Wellness Centers in Spain.

Related internship programs:

- Therapeutic Personal Training Fitness Instructor



Sports Science

Club Metropolitan Gran Vía

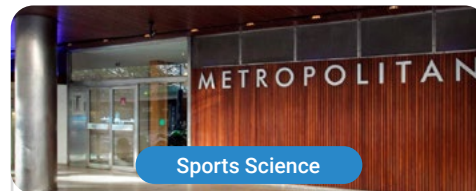
Country: Spain City: Barcelona

Address: Avinguda de la Granvia de l'Hospitalet, 142, 08907 L'Hospitalet de Llobregat, Barcelona

The largest national chain of Sports, Health and Wellness Centers in Spain.

Related internship programs:

- Therapeutic Personal Training Fitness Instructor



Sports Science

Club Metropolitan Abascal

Country: Spain City: Madrid

Address: Calle de José Abascal, 46, 28003 Madrid

The largest national chain of Sports, Health and Wellness Centers in Spain.

Related internship programs:

- Therapeutic Personal Training Fitness Instructor



Sports Science

Club Metropolitan Eurobuilding

Country: Spain City: Madrid

Address: Hotel NH Collection Madrid Eurobuilding, Planta Superior Hotel NH Collection Eurobuilding, 28036, C. del Padre Damián, 23, 28036 Madrid

The largest national chain of Sports, Health and Wellness Centers in Spain.

Related internship programs:

- Therapeutic Personal Training Fitness Instructor



Sports Science

Club Metropolitan Isozaki

Country: Spain City: Vizcaya

Address: Paseo Uribartete, 4, Ext, 48001 Bilbao, Vizcaya

The largest national chain of Sports, Health and Wellness Centers in Spain.

Related internship programs:

- Therapeutic Personal Training Fitness Instructor



Sports Science

Club Metropolitan Begoña

Country	City
Spain	Vizcaya

Address: Masustegi Kalea, 25, 48006 Bilbao, Vizcaya

The largest national chain of Sports, Health and Wellness Centers in Spain.

Related internship programs:

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

Club Metropolitan Romareda

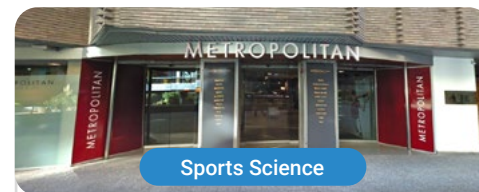
Country	City
Spain	Zaragoza

Address: C/ de Gonzalo Calamita, s/n, 50009 Zaragoza

The largest national chain of Sports, Health and Wellness Centers in Spain.

Related internship programs:

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

Club Metropolitan Paraíso

Country	City
Spain	Zaragoza

Address: Residencial Paraíso, 10, 50008 Zaragoza

The largest national chain of Sports, Health and Wellness Centers in Spain.

Related internship programs:

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

Club Metropolitan Sevilla

Country	City
Spain	Seville

Address: Av. Eduardo Dato, 49, 41018 Sevilla

The largest national chain of Sports, Health and Wellness Centers in Spain.

Related internship programs:

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

Club Metropolitan Gijón

Country	City
Spain	Asturias

Address: Estadio El Molinón Enrique Castro - Quini, Puerta 8, 33201 Gijón, Asturias

The largest national chain of Sports, Health and Wellness Centers in Spain.

Related internship programs:

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

Club Metropolitan Vigo

Country	City
Spain	Pontevedra

Address: Rúa Cánovas del Castillo, 1, 36202 Vigo, Pontevedra

The largest national chain of Sports, Health and Wellness Centers in Spain.

Related internship programs:

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

Club Metropolitan La Solana

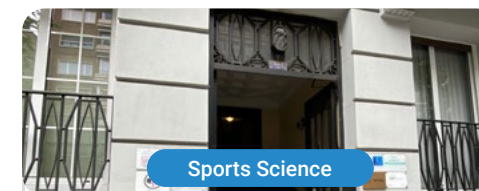
Country	City
Spain	La Coruña

Address: P.º Marítimo Alcalde Francisco Vázquez, 21, 15001 A Coruña

The largest national chain of Sports, Health and Wellness Centers in Spain.

Related internship programs:

- Therapeutic Personal Training
- Fitness Instructor



Sports Science

Carmen Trainer

Country	City
Spain	Madrid

Address: Calle Velázquez, 73, Sótano 28006 Madrid

Carmen Trainer, a center run by elite female athletes

Related internship programs:

- Fitness Instructor



Sports Science

Olympus Center

Country City
Spain Madrid

Address: Calle de Palos de la Frontera,
16, 28012 Madrid

Olympus Center specializes in meeting the objectives of the individual taking into account their physical condition.

Related internship programs:
- High Performance Sports
Fitness Instructor



Sports Science

MoveBon

Country City
Spain Madrid

Address: Calle de García de Paredes,
42, 28010 Madrid

MoveBon, a center specialized in small group trainings, outdoor or online sessions

Related internship programs:
- Therapeutic Personal Training
Fitness Instructor



Sports Science

Fitness 4 All

Country City
Spain Madrid

Address: C. de Virgen de Lluc,
104, 28027 Madrid

For the people who come, it is a different experience, a new concept of gymnasium.

Related internship programs:
- Therapeutic Personal Training
Fitness Instructor

06 General Conditions

Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the Internship Program period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



General Conditions of the Internship Program

The general terms and conditions of the internship program agreement shall be as follows:

1. TUTOR: During the Internship Program, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor, whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

2. DURATION: The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

3. ABSENCE: If the students does not show up on the start date of the Internship Program, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

4. CERTIFICATION: Professionals who pass the Internship Program will receive a certificate accrediting their stay at the center.

5. EMPLOYMENT RELATIONSHIP: The Internship Program shall not constitute an employment relationship of any kind.

6. PRIOR EDUCATION: Some centers may require a certificate of prior education for the Internship Program. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

7. DOES NOT INCLUDE: The Internship Program will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

07 Certificate

This private qualification will allow you to obtain a Internship Program diploma in **Fitness Instructor** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra (official bulletin). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Internship Program in Fitness Instructor**

Duration: **3 weeks**

Attendance: **from Monday to Friday, 8 consecutive hour shifts**

Accreditation: **4 ECTS**

Endorsed by the NBA





Internship Program
Fitness Instructor

Internship Program Fitness Instructor

Endorsed by the NBA



tech global
university