

LEBANON · DECEMBER 2026 COHORT

Personal Trainer Diploma

Lebanese Ministry of Education

STARTS
Early December 2026
dated schedule at enrolment

DURATION
3 months
December 2026 to March 2027

COURSE FEE
$500
subject to current discounts, see sas-cce.com

The national personal trainer diploma. Learn to assess a client, design the program and coach it on the gym floor, taught by doctors, professional athletes and experienced coaches.

You walk out with

Lebanese Ministry of Education diploma
The national Personal Trainer Diploma

Ready for the gym floor
Assessment, programming and coaching skills employers look for

What you will learn

- **Introduction to personal training** — IN PERSON
- **Strength anatomy** — LIVE ONLINE
- **Fitness evaluation** — IN PERSON
- **Strength testing** — IN PERSON
- **Fitness components** — IN PERSON
- **Training principles and program design** — IN PERSON
- **Warm-up and stretching** — IN PERSON
- **Olympic lifting and core training** — IN PERSON
- **Sports nutrition** — IN PERSON
- **Sports psychology** — IN PERSON

How it runs

Saturdays, in person
Practicals at Performance First, Baabda

Anatomy, live online
On Microsoft Teams, recorded for revision

Course platform
Slides, recordings and a quiz after every module

One month free at Performance First
Train on a fully equipped gym floor

How you are assessed

40% Coaching video	30% Case study	30% Exam

A filmed coaching session, a written client case with a four week program, and a multiple choice exam online. Pass with 70 out of 100 overall.

Who it is for

- Starting a career as a personal trainer
- Gym staff who want the official diploma
- Already coaching and want to be qualified

Pay in full or in instalments, in USD, by cash payment at Performance First or Whish. Paid in full: course access as soon as you sign your student agreement. Paying in instalments: course access opens 14 days before the course starts. Fees are non-refundable; with a valid reason they can be moved to another SAS Coaching Diplomas course or a future cohort (www.sas-cce.com/refund-policy). Dates can move for public holidays; your dated schedule is issued at enrolment. Information correct on 16 October 2026. A valid ID and the USD 5 Ministry of Education stamp fee are required.

Reserve your seat

Ask us about current discounts and payment options.

WhatsApp **+971 55 807 6344**
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