

LEBANON · DECEMBER 2026 COHORT

Personal Trainer Diploma

Accredited by EuropeActive · EQF Level 4

STARTS	DURATION	COURSE FEE
Early December 2026	**4 months**	**$950**
dated schedule at enrolment	December 2026 to April 2027	subject to current discounts, see sas-cce.com

Become a personal trainer with a qualification that is recognised in Lebanon and built to the European standard. 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

EuropeActive accredited, EQF Level 4

And registration with EREPS, the European Register of Exercise Professionals

What you will learn

Role of the personal trainer
25 HOURS

Functional anatomy
26 HOURS

Physiology
26 HOURS

Fundamentals of nutrition advice
25 HOURS

Psychosocial aspects of health and fitness
25 HOURS

Health and fitness assessment
50 HOURS

Training adaptation and exercise programming
50 HOURS

Delivery of personal training services
50 HOURS

Business and marketing skills
25 HOURS

Learning hours

88 h	98 h	80 h	36 h
Live sessions online and on the gym floor	Self-study on the SAS platform	Supervised internship at an approved gym	Assessment video, case study, exam

302 hours total qualification time · mapped to the EuropeActive Personal Trainer Standard

How it runs

Saturdays, in person
Practicals at Performance First, Baabda

Weekday evenings, live online
On Microsoft Teams, recorded for revision

Self-study on the SAS platform
Recordings, reading, tasks and a quiz for every unit

80 supervised internship hours
At an approved gym, logged and signed off by a coach

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. The 80 internship hours are required, not graded.

Who it is for

- Starting a career as a personal trainer
- Planning to work abroad or with international gyms
- Already coaching and want the full qualification

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.

Reserve your seat

Ask us about current discounts and payment options.

WhatsApp **+971 55 807 6344**
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$950