

LEBANON · SELF-PACED ONLINE · START ANY TIME

Personal Trainer Self-Learning

Fully online, at your own pace ·
Lebanese Ministry of Education diploma



STARTS

Any time

within 24 hours of enrolment

ACCESS

6 months

most finish in 12 to 16 weeks

COURSE FEE

\$500

subject to current discounts, see sas-cce.com

The Lebanese Ministry of Education Personal Trainer diploma, fully online. Same curriculum and same final certificate as the in-person course, studied on your own schedule, from anywhere.

You walk out with



Lebanese Ministry of Education diploma

The same certificate as the in-person course



Study from anywhere

Every assessment is remote

What you will learn

 Introduction and foundations ONLINE · YOUR PACE	 Anatomy and physiology ONLINE · YOUR PACE	 Client assessment ONLINE · YOUR PACE
 Resistance training ONLINE · YOUR PACE	 Cardio and endurance ONLINE · YOUR PACE	 Flexibility and mobility ONLINE · YOUR PACE
 Exercise library 180+ DEMOS	 Final assessment WHEN YOU ARE READY	

How it runs

 Video lessons On the SAS platform, at your own pace	 180+ exercise demos A practical movement library
 A quiz after every section Check your knowledge as you go	 One month free at Performance First Practise on a fully equipped gym floor

How you are assessed

Request your final assessment when you feel ready: a multiple choice exam online, a written case study and a coaching video.

Who it is for

 Short on time, study around work	 Already training people	 Living outside Lebanon
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Paid in full at enrolment, in USD or LBP. Fees are non-refundable; with a valid reason they can be moved to another SAS Coaching Diplomas course (www.sas-cce.com/refund-policy). One month free at Performance First when you enrol. Information correct on 7 October 2026.

Start this week

Rolling intake. Enrol today and start within 24 hours.

WhatsApp **+971 55 807 6344**

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