

iwes

INSTITUTE OF WELLNESS
& EXERCISE SCIENCE



COMMISSION FOR TECHNICAL
AND VOCATIONAL EDUCATION
AND TRAINING



Admissions Brochure



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Who We Are

The Institute of Wellness & Exercise Science (iWES) is the Educational Wing of the MYHEALTHCOP Platform, established to provide sound education, professional training services, resources and access to ready market, to Health & Wellness Entrepreneurs so they can structure and develop their businesses.

[Learn More About iWES >](#)



Our Mission



To develop Quality, 'Best in Class', Professional Health & Wellness Entrepreneurs by providing sound Education and Knowledge, so they can offer quality guidance and sustainable results to health & wellness seekers.

Our Vision



To structure the Health & Wellness market by setting high professional standards for the Health & Wellness Industry to the highest level in Ghana and beyond



Our Core Values

These qualities make us unique



Reliability



Integrity



Care



Excellence



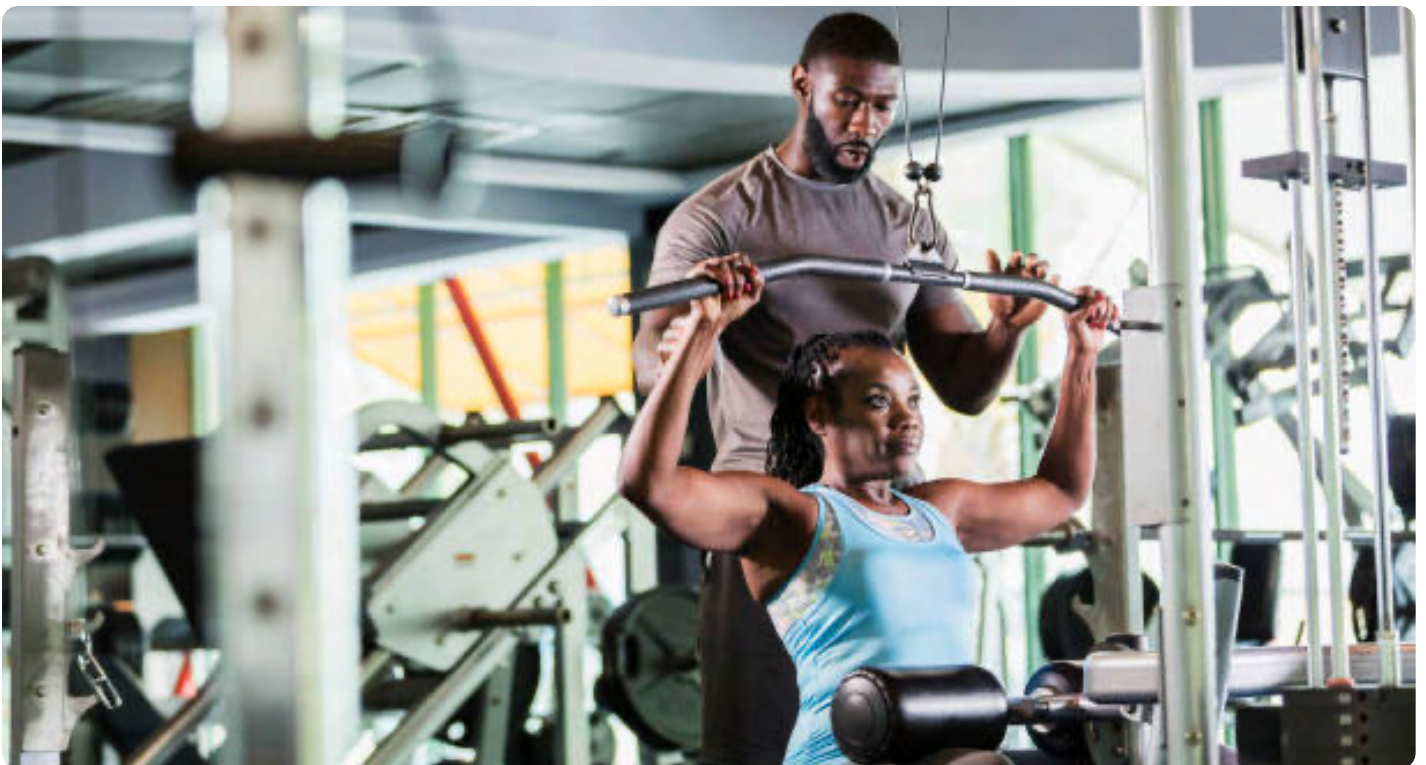
Our Goals



These are what we aim for as an institution

- ✓ To develop very **Comprehensive & Accredited Curricula** that will be **accessible** to all Certified and Non-Certified Health & Wellness Professionals in Ghana.
- ✓ To provide the first ever nationally accredited **Personal Sports & Fitness Trainer** program awarded by CTNET (Commission for Technical and Vocational Education & Training) to Personal Fitness and Sports Trainers as well as other Wellness Professionals.

- ✓ To increase the **quality of Health & Wellness Professionals** in the Country and beyond.
- ✓ To develop and empower professional and entrepreneurial Health & Wellness Professionals in the Country, so they earn an income while transforming lives.
- ✓ To create **Employment** for everyone who wants to be in the Health & Wellness Industry.





iWES offers an extensive range of high-quality nationally accredited training programs awarded by the **CTVET** for Health & Wellness Professionals. Click on the “register here” button to get more information on the Programs offered and to begin program applications.



PERSONAL FITNESS & SPORTS TRAINER PROGRAM

National Certificate 1, Basic Level

Course Duration
6 (Six) Months

GH¢ 7,000.00

Flexible Payment Plans Available

Register Now >

Includes;

- ✓ Certified Personal Fitness & Sports Trainer Tuition
- ✓ Flexible Class Schedule (Regular, Evening & Weekend Modules)
- ✓ First Aid & CPR Certification
- ✓ Certification and Graduation Ceremony
- ✓ Unlimited study support with renowned Resource Persons
- ✓ Job Placement; 100% guaranteed



PERSONAL FITNESS & SPORTS TRAINER PROGRAM

National Certificate 2, Advanced Level

Course Duration
5 (Five) Months

GH¢ 6,500.00

Flexible Payment Plans Available

[Register Now >](#)

Includes;

- ✓ Certified Personal Fitness & Sports Trainer Tuition
- ✓ Flexible Class Schedule (Regular, Evening & Weekend Modules)
- ✓ First Aid & CPR Certification
- ✓ Certification and Graduation Ceremony
- ✓ Unlimited study support with renowned Resource Persons
- ✓ Free Massage Therapy Course
- ✓ Job Placement; 100% guaranteed



SPECIALISATION COURSES

**GH¢ 1,000.00 –
GH¢ 3,000.00**

Flexible Payment Plans Available

[Register Now >](#)

Includes;

- ✓ Certified Specialised Courses
- ✓ Flexible Class Schedule (Regular, Evening & Weekend Modules)
- ✓ Certification and Graduation Ceremony
- ✓ Unlimited study support with renowned Resource Persons

2 Our Programs

PERSONAL FITNESS & SPORTS TRAINER PROGRAM

National Certificate 1 (Basic Level)

Below are the list of various courses in this program

- First Aid & CPR I
- Nutrition and Physical Activity I
- Entrepreneurship I
- Sports Psychology I
- Anatomy I
- Socio Cultural Determinants of Fitness Physical Activity and Training I
- Body Composition and Weight Management I
- Sports Injury Management I
- Sports Coaching I
- Sports & Personal Trainers I
- Ethics in Sports practice I
- Introduction to Project Management
- Customer Service Training
- Application Platform
- Sports Management I
- Physiology I
- Registering your business
- Pre-Exercise Screening Assessment and Exercise Programming I

2 Our Programs

PERSONAL FITNESS & SPORTS TRAINER PROGRAM

National Certificate 2 (Advanced Level)

Below are the list of various courses in this program

- First Aid & CPR II
- Nutrition and Physical Activity II
- Entrepreneurship II
- Sports Psychology II
- Anatomy II
- Socio Cultural Determinants of Fitness Physical Activity and Training II
- Body Composition and Weight Management II
- Sports Injury Management II
- Sports Coaching II
- Sports & Personal Trainers II
- Ethics in Sports practice II
- Introduction to Project Management
- Customer Service Training
- Application Platform
- Sports Management II
- Physiology II
- Registering your business
- Pre-Exercise Screening Assessment and Exercise Programming II & III

2 Our Programs

SPECIALIZATION COURSES

National Certificate 1 & 2 (Basic & Advanced Level)

Below are the list of various courses in this program

- First Aid & CPR I & II
- Entrepreneurship I & II
- Anatomy I & II
- Body Composition and Weight Management I & II
- Sports Coaching II
- Ethics in Sports practice I & II
- Customer Service Training
- Sports Management II
- Registering your business
- Nutrition and Physical Activity I & II
- Massage Therapy
- Sports Psychology I & II
- Socio Cultural Determinants of Fitness Physical Activity and Training I & II
- Sports Injury Management I & II
- Sports & Personal Trainers II
- Introduction to Project Management
- Application Platform
- Physiology II
- Pre-Exercise Screening Assessment and Exercise Programming I, II & III

2 Our Programs

● Become A Certified Personal Trainer in 4 Steps

Step 1: **Choose The Right Program and Apply**

- [Click here for Application Forms](#)
- Complete the Application Form with all details
- Submit Form with uploaded proof of payment of **GH¢ 100.00** Application Fee

Pay via MOMO: +233 55 123 1012 (MYHEALTHCOP)

Pay via bank transfer

Account Name: Institute of Wellness and Exercise Science

Bank: Ecobank Ghana (Labone Branch)

Account Numbers;

GHS- 1441002690322

USD- 3441002222246

Euro- 3441002222285



You will be contacted on the status of your Application.

Step 2: **Complete Your Program with a Unique Learning Experience**

- In-Person Learning Experience with renowned Resource Persons
- Theoretical Lessons
- Practical Lessons

● Become A Certified Personal Trainer in 4 Steps

Step 3: **Take the Examination and earn your Certificate**

- Great Support from Resource Persons
- CTVET Accredited Examination
- Earn an iWES Personal Trainer Certificate

Step 4: **Apply what you Studied**

- Automatic recruitment onto MYHEALTHCOP's Wellness Platform



At iWES, we believe in the concept of 'Exercise Is Medicine' (EIM), which promotes the ideology of prescribing Physical Activity to solve medical problems. It is our hope that people will accept that preventive healthcare through the promotion of health & wellness is the way to go. To promote this agenda we believe we have to begin by ensuring that professionals in the Health & Wellness Industry have access to the right tools and resources needed to turn them into high level and quality professionals. We are passionate about helping individuals reach their full potential as such we are dedicated to providing the highest level of professional training services, resources, access to ready market and support to each and every one of our students. This is why we have convened some of Ghana's renowned experts and professionals in the Health & Wellness Industry to develop very unique and comprehensive Curriculum to empower you to offer the best quality services in the Health & Wellness sector. Meet Our Curriculum Development Team;



Dr. Bella Bello Bitugu

Lead Consultant Director of
UG Sports Directorate



Prof. Reginald Ocansey

Professor Emeritus & Physical Activity Expert
(University of Education)



Mr. Samuel Yawson

UG Sports Psychology Expert

**Dr. Jonathan Quartey**

Physiotherapy Expert
UG Medical School

**Prof. M. A. Mahmoud**

Entrepreneurship Expert
UG Business School

**Mr. Henry Nii Sackey**

Personal Sport Trainer Expert
UG Sports Directorate

**Rev. Richmond Quarcoo**

Sports Coaching Expert

**Dr. Austin Luguterah**

Physical Activity Expert
Head of Department UG
Sports Department

**Mdm. Pippa Pepera**

Personal Sport Trainer Expert
CEO of Pippa's Gym

**Mr. Emmanuel Bruce-Okine**

Personal Sport Trainer Expert
UG Sports Directorate

**Dr. Richard Sylvester Dey**

Medical Doctor- Anatomy
UG Hospital



Mr. Munkalla Seibu

Physical Education Expert
(University of Education)



Mr. Francis Gadegbeku

First Aid Specialist
Healthfirst LTD.



Mr. Maxwell Konlan

Nutrition Expert
UG Hospital

Acquiring this Certificate means you can;

1. Access and use **MYHEALTHCOP App** to offer you services
2. Evaluate client needs in physical activity and nutrition based on the counseling foundations in the PFST program and provide the client with a safe and effective exercise plan based on their needs, abilities and goals
3. Assess, design and deliver individual and small group (up to 10 individuals) training program in a health club, home, workplace, or virtual setting
4. Monitor client resting and exercise heart rate and blood pressure regularly
5. Develop a client specific exercise plan within their level of ability and progress to more advanced training techniques with clients once the proper competency has been achieved
6. Modify all client exercise technique as needed to strive for optimal individual biomechanical effectiveness
7. Promote the benefits of regular physical activity and a balanced lifestyle using program's
8. Recommendations on Physical Activity, Nutrition, and Positive Mindset for Optimal Health
9. Provide general nutrition advice.
10. Answer general questions for participants on injuries or discomforts related to exercise.
11. Provide emergency care based on the participant needs (contact EMS, provide Emergency First Aid or CPR)
12. And Many more

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Contact Us



Hey!
We are glad to hear from you.



Tap on any social media of your choice to connect with us



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