



Instructor Profile

Tom Godwin
Managing Director

Chief Instructor (Individual Well-Being)
Chief Instructor (Martial Arts)

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Academic Education

BA (Hons) - Business Enterprise (Second Class honours)
Including Special Project on Enterprise in Sport
Manchester Metropolitan University Business School

A Level - Business Studies, Biology and Psychology
Parrswood Sixth Form Centre, Manchester

Well-Being Qualifications

Premier: Diploma in Sports Psychology
Premier: Diploma in Personal Training
IIST: Diploma in Sports Therapy
Premier: Sports Therapy Certificate
Premier: Fitness Trainer Award
Premier: Circuits Instructor Award
Premier: Nutrition Certificate
Premier: Body Massage Certificate
Premier: Career and Personal Development
BAWLA: Instructors Award
BAWLA: Leaders Award
NCF: Good Practice and Child Protection
NCF: Coaching Children and Young People
NCF: Coaching Methods and Communication
NCF: Fitness and Training
NCF: Injury Prevention and Management
NCF: Goal Setting and Planning
NCF: Fuelling Performers
NCF: The Body in Action
NCF: Safety and Injury
NCF: Planning and Practice

Current Areas of Study: RMT and MBF modules making up Masters Diploma in Personal Training

Martial Arts Qualifications

AMA: 2nd Dan Shotokan Karate
BNMAA: 2nd Dan Freestyle Karate
BNMAA: 1st Dan Kick Boxing

PSS: Control and Restraint Trained
PSS: PR-24 Trained
PSS: Defensive Flashlight Trained

Current Areas of Study: JKD, Wing Chun, Warriors Escrima

Health and Safety Qualifications

St John: First Aid at Work
Premier: Emergency First Aid for Appointed Persons
Servicesport: Gym Maintenance
St John: Risk Assessment
St John: Fire Marshal

Security Qualifications

Manchester Doorsafe Qualified (Registration No. 4465)
BIIAB: National Certificate for Door Supervisors, Level 2
BIIAB: Roles and Responsibilities of Door Supervisors, Level 2
BIIAB: Conflict Management, Level 2
NVQ: Crowd Control, Level 2
FA: Football Steward

Other Qualifications

Full Driving licence
Full CRB Check

Insurance

Royal and Sun Alliance Public liability insurance for Fitness Instruction, £2,000,000 limit of indemnity. Group policy via Register of Exercise Professionals.

AMA Public liability insurance for Martial Arts Instruction, £5,000,000 limit of indemnity and £2,000,000 Professional Indemnity (Worldwide Cover). Group policy via The Amateur Martial Arts Association.

Trade Association Memberships

Register of Exercise Professionals (Level 3 - Senior Level)
Sportscoach UK (new name for The National Coaching Foundation)
Amateur Martial Arts Association
British National Martial Arts Association
The Self Defence Federation

Current Positions

Author, Fitnessvenues.com
Author/Advisory Board Member, Lifestylexperts.com
Author, PTontheNet.com