



Level 3 Diploma in Gym Instructing & Personal Training

Study Type

Full Time

Course Area

Sport & Sport Science

Course Duration

1 year.

Entry Requirements

Five GCSEs at grade 9-4 including English and Maths, or a full Level 2 qualification with a Merit profile and grades 9-4 in GCSE English and Maths. You must be at least 17 years old when they begin the Diploma in Gym Instructing & Personal Training course.

Course Information

This course focuses on the role of a Gym Instructor and Personal Trainer working within the health and fitness industry. During the course, you will demonstrate the knowledge, understanding and practical skills needed to work in this field.

Throughout the course, you will complete 12 mandatory units. Three of these units are essential knowledge units covering topics such as:

- Anatomy and physiology
- Sports nutrition
- Exercise psychology and adherence.

The remaining nine units develop skills and practical elements required for working as a gym instructor or personal trainer. These include topics based around:

- Client wellbeing
- Conducting consultations
- Planning exercise programmes
- Delivering exercise or personal training sessions.

To support with progression onto employment the final unit focuses on business acumen which covers topics such as marketing, legislation and financial planning for a successful business.

During the course, you will produce a portfolio of evidence which demonstrates the achievement of the learning outcomes. You will also be assessed in practical situations and will therefore be expected to gain a placement to

support you with gathering some of the evidence required.

Progression

This course provides you with the knowledge and skills required to work as a gym instructor or personal trainer. Completion of this course allows you to be entered onto the CIMSPA Fitness and Exercise directory as a practitioner at Level 3. Learners may want to progress onto further study such as Level 3 Diploma in Exercise Referral or Level 3 Diploma in Sports Massage Therapy.