



Level 3 Diploma in Personal Training

Study Type

Part Time

Course Area

Sport & Sport Science

Entry Requirements

A level 2 Fitness or Gym instructing qualification Good level of English skills to access the materials Good levels of fitness

Course Information

The course is practically based and combines classroom learning in our modern facilities including sports hall and fully equipped gym that is open to the public. During this course you will learn the knowledge, understanding and practical skills needed to work as a personal trainer. You will develop the knowledge you gained from your level 2 qualifications and complete 6 mandatory units. These units involve exploring anatomy and physiology, client motivation and lifestyle management, programming and developing personal training sessions, nutrition and business acumen. While completing this qualification, learners will develop the knowledge, understanding and essential skills employers look for in employees in this sector. Learners will develop 'key skills', such as team working, independent learning and problem solving, to employability skills such as an appreciation for appropriate behaviour and dress, appropriate interpersonal skills, communicating with professional colleagues, understanding work practices and how different roles and departments function within an organisation.

Considerations

Appropriate sports clothing may be required on some practical sessions.

Progression

Employment or self employment as a personal trainer, gym instructor or sports coach. Learners who complete this qualification can gain entry to the CIMSPA Exercise and Fitness Directory as a practitioner or gain entry to the Register of Exercise Professionals (REPs) at Level 3.