

DIPLOMA, LEVEL 3

# Gym Instructing and Personal Training



## START DATE

Multiple start dates available

## DURATION

20 weeks

## LEVEL

Level 3

## STUDY MODE

Part-time

## AWARDING BODY

Active IQ

## COST

£2,225.00

This new and exciting combined qualification is aimed at those fitness enthusiasts who wish to work as professionals within the health and fitness sector. The course will enable you to complete your Level 2 Fitness Instructor Certificate and then top this up to the Level 3 in Gym Instructing and Personal Training. This course will equip you with the skills and knowledge to work with individuals and groups of clients in a personal training setting. Successful achievement of the qualification will allow you to gain employment in the fitness industry, or alternatively work in a self-employed environment. Confidence, excellent communication skills and 'practicing what you preach' are essential qualities. This qualification will provide you with all the necessary skills to have a rewarding and successful career as a Personal Trainer.

## What will I study?

During the qualification you will cover the following:

- Anatomy and physiology, functional kinesiology and concepts and components of fitness.
- Nutrition for exercise, health and fitness.
- Lifestyle and medical factors that affect wellbeing.
- Analysis of client information using the most accepted techniques.
- Assessment of a client's current health and fitness status.
- Planning and conducting of physical activity sessions, within a variety of environments using multiple resources.
- Client consultations using the most accepted methods and providing strategies for successful behaviour change.
- Communication skills to effectively build successful relationships with their clients and other health care professionals.
- Legal and professional requirements for personal training.
- How to set up and manage a personal training business on a self-employed basis if they wish to.
- How to manage, evaluate and improve own performance.

## What can I do after this course?

This qualification provides progression onto:

- Active IQ Level 4 Certificate in Advanced Personal Training.
- Active IQ Level 3 Diploma in Exercise Referral.
- Active IQ Level 3 Award in Supporting Pre and Postnatal Clients with Exercise and Nutrition.
- Active IQ Level 3 Award in Designing Exercise Programmes for Older Adults.
- Active IQ Level 3 Award in Designing Exercise Programmes for Disabled Clients.
- Active IQ Level 3 Diploma in Instructing Pilates Matwork.
- Active IQ Level 3 Diploma in Teaching Yoga.
- Active IQ Level 4 Certificate in Strength and Conditioning.

Successful achievement of this qualification will provide entry to the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) as a practitioner (exercise and fitness).

To read more about CIMSPA, please visit <http://www.cimspa.co.uk/>

This accredited achievement is valued and recognised by employers and can assist learners to increase/enhance their career opportunities, progression and earning potential.

Learners will be able to progress to the following job role:

- Personal trainer

## Entry requirements

Learners aged 19+.

Some experience of gym-based exercises, including free weights, is highly recommended.

The course requires physical exertion, and individual participation is essential; therefore, a degree of physical fitness is necessary.

## Assessment

- Coursework/Project.
- Multiple Choice Examination.
- Portfolio of Evidence.
- Practical Demonstration/Assignment.

Visit this course on our website: <https://www.selby.ac.uk/courses/gym-instructing-and-personal-training-diploma-level-3>

For further information please contact the college: <https://www.selby.ac.uk/contact>

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