

YMCA Certificate in Personal Training and Instruction Level 3



In a nutshell

The aim of this qualification is to provide learners who already hold a valid Level 2 fitness instructor qualification with additional knowledge to pursue a career in the health and fitness industry.

This course is for you if...

- ...You have a keen interest in fitness
- ...You work well with others
- ...You dream of becoming a personal trainer

What will I be doing?

On completion, you can progress as a self-employed or employed personal trainer with specialisms in outdoor fitness and sports conditioning. The content therefore reflects the



COURSE INFORMATION LEAFLET

competencies required to become a safe and effective personal trainer.

Those who wish can use the qualification as a platform for progression on to further learning within the health and fitness or active leisure sectors.

You'll be assessed through e-assessment, multiple choice and written examinations, a portfolio and practical assignments. Upon completion you'll gain the Level 3 Certificate in Personal Training and Instruction.

What is expected of me?

To enter the course, you'll need a Level 2 Certificate in Fitness Instructing - Gym-based Exercise, Exercise to Music (or equivalent).

Practical participation is essential in completing this course. Full commitment to attendance is required and we expect everyone to show respect for others, enthusiasm for the subject and self-motivation.

What comes next?

YMCA Level 3 Award in Programming and Supervising Exercise with Disabled Clients, YMCA Level 3 Diploma in Exercise Referral or YMCA Level 3 Certificate in Sports Massage (Soft Tissue Therapy).

Additional information

The Coleg Gwent sports kit must be worn for all practical sessions
Appropriate sports trainers must be worn for all practical sessions
No piercings or jewellery to be worn during practical sessions

You'll need to purchase the Coleg Gwent Sports Kit and manuals to support your learning, the approximate cost of this is £100 - £110. Details will be provided at enrolment on how to buy these items but they must be purchased prior to the start of the course.