

## Active IQ Certificate in Advanced Personal Training Level 4



### In a nutshell

The field of personal training and the needs of modern day professional personal trainers is rapidly evolving in line with the broad ranging needs and goals of the clients they serve. As a result, the industry has never been more competitive. Highly successful personal trainers are results driven and confidently differentiate their services offered to provide an ethical service and sustain a highly successful business. Driving this success is a more scientific and evidence-based approach to programming, training, monitoring and managing clients which translates to better client retention as well as attracting new clients.

This qualification provides learners with the enhanced knowledge and skills to fully understand their clients, utilise an evidence-based approach to programming and develop a successful and sustainable personal training business.

### This course is for...

...You feel you want to further develop your skills as a personal trainer and provide a more bespoke service to your clients.



# COURSE INFORMATION LEAFLET

...You want to develop your knowledge and understanding as a personal training practitioner.

## Course content

There are two mandatory units:

Applied techniques to support, enhance and manage the client journey  
Progressing clients towards successful achievement of goals

You will be expected to achieve a high level of attendance and punctuality as part of this qualification. You will also need to demonstrate full engagement with both the practical and theoretical elements of the course.

## Entry Requirements

Learners must hold a Level 3 Diploma in Personal Training (or equivalent).

## Additional information

This qualification provides progression on to:

Level 4 Certificate in Strength and Conditioning.

You may also be interested to undertake sport massage level 3 and 4 to complement this qualification.