

YMCA Diploma in Personal Training (Practitioner) Level 3



In a nutshell

This qualification is suitable for learners holding a Level 2 qualification in Gym Instruction or equivalent who wish to progress to a career as a professional Personal Trainer on an employed or self-employed basis.

This qualification is endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

This course is for...

... Anyone holding a valid Level 2 Gym Instructor qualification

... Those who want the knowledge to successfully pursue a career in the health and fitness industry

Course content



COURSE INFORMATION LEAFLET

This course covers a variety of additional knowledge and skills to help you progress as a self-employed or employed personal trainer with specialisms in outdoor fitness and sports conditioning. The content reflects the competencies needed to become a safe and effective personal trainer.

The aim of this qualification is to recognise the skills, knowledge and competence required for an individual to work unsupervised as a personal trainer. This includes being able to offer one-to-one training, baseline assessment, nutritional advice and progressive programming which is specific to the individual needs of a client.

The course will cover:

Applied anatomy and physiology

Promote wellness through client motivation and interaction

Bespoke exercise programme design

Customised exercise programme instruction and communication techniques

Nutrition to support physical activity

Business acumen for Personal Training Practice

Assessment will take place through a variety of methods, including:

Multiple choice theory paper, assessment workbook, personal training showcase portfolio (5 elements) and completing a learner log.

In addition, you will also achieve:

Level 2 Award in Group Exercise Instructing: Fitness Walking

YMCA Level 2 Award in Instructing Kettlebell Training

Entry Requirements

To take this course you'll need to already have a valid Level 2 Certificate in Gym Instructing.

Additional information

Once completed, you can use this qualification as a platform to move on to other courses in the health and fitness or active leisure sectors.

Apply online at www.coleggwent.ac.uk

studentrecruitment@colegwent.ac.uk | 01495 333777 (Croesawn alwadau yn Gymraeg)

