

### 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

Apply online at [www.coleggwent.ac.uk](http://www.coleggwent.ac.uk)

[studentrecruitment@coleggwent.ac.uk](mailto:studentrecruitment@coleggwent.ac.uk) | 01495 333777 (Croesawn alwadau yn Gymraeg)



## 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.