

YMCA Diploma in Personal Training (Practitioner) - Evening 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

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. 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.

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.

Learners may choose further same-level qualifications, for example:

- Level 3 Diploma in Exercise Referral
- Level 3 Diploma in Increasing Participation in Sport and Active Leisure in Community Settings
- Level 3 Diploma in Sports Massage Therapy
- Level 3 Diploma in Teaching Pilates
- Level 3 Diploma in Teaching Yoga



COURSE INFORMATION LEAFLET

Level 3 special populations-related qualifications.
Apprenticeship in Personal Training

Learners may also choose to progress to higher lever qualifications, for example:

Level 4 Award in Internal Quality Assurance
Level 4 Award in Understanding Internal Quality Assurance
Level 4 Certificate in Delivering Physical Activity for Individuals with Mental Health Conditions
Level 4 Certificate in Leading the Internal Quality Assurance
Level 4 Certificate in Programming Physical Activity for Individuals with Low Back Pain
Level 4 Certificate in Sports Massage Therapy
Level 4 Certificate in Weight Management for Individuals with Obesity, Diabetes Mellitus and/or Metabolic Syndrome
Level 4 Sports and Conditioning qualifications

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