

Personal Training

Level 3

Duration: One Year

Why Should You Take This Course?

This course is for anyone interested in pursuing a career in the fitness industry and leads to Level 2 and 3 qualifications.

The course enables students to develop their understanding of instructing clients in physical activities and gym-based sessions and gives them the opportunity, upon completion of the course, to qualify as a Level 2 Fitness Instructor and a Level 3 qualified Personal Trainer. This qualification allows students to become a member of the Register of Exercise Professionals (REPs).

Course Content

You will study a range of modules designed to give you the most up to date knowledge of the fitness industry. This course combines units that will incorporate fitness instructing, knowledge of anatomy, physiology, and business. Students are required to attend a compulsory work placement. The course will have large practical elements and students will be expected to participate in, lead and develop fitness instructing sessions for other students. Lessons will take place in classrooms, the college gym, and sports facilities.

How will I be assessed?

Students will be required to produce a detailed written portfolio for their course and build up a vast amount of evidence throughout the year to demonstrate knowledge and understanding of the content.

This course is assessed 100% on coursework with some practical assessments.

Are there any special expenses?

There is a practical kit which students will be expected to wear to all lessons.

What could I do next?

Employment as a Fitness Instructor/Personal Trainer or in a Leisure Centre

Entry Requirements

At least 4-5 GCSEs graded 9-4 and preferably students should have also previously completed a full-time level 2 or 3 course post-16

Excellence

Can Do Attitude

Courage

Respect

Team Working

Achievement Driven