



Level 3 Diploma in Personal Training (Part-Time)

The Active IQ Level 3 Diploma in Personal Training is ideal if you want to pursue a career in the health and fitness sector and gain employment as a personal trainer. It will provide you with a combination of knowledge and skills to prescribe, plan and deliver safe and effective exercise programmes and personal training sessions to a range of clients.

By achieving this qualification you will be recognised as a qualified personal trainer. You will also be able to gain access onto the Register of Exercise Professionals (REPs) at Level 3.

Qualification aim is to build on your existing knowledge and skills in gym instruction and develop these skills further to pursue a career in personal training.

Entry Requirements

You must be 16+ years old and hold a Level 2 qualification in Fitness Instructing (Gym). There is an element of communication (discussing, presenting, reading and writing) involved and you should have basic skills in communication at Level 2.

The qualification requires physical exertion and your participation is essential, so it's important you are physically fit.

Career Prospects

The qualification has been designed for Gym instructors wishing to work and/or seek employment in the health and fitness sector as a personal trainer and Individuals already working in the health and fitness sector wishing to enhance their career progression opportunities.

Assessment

The qualification will provide you with the knowledge and skills:

- Of anatomy and physiology, functional kinesiology and concepts/ components of fitness
- To successfully gather and analyse client information using the most accepted techniques
- To assess a client's current health and fitness status



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- To plan and conduct physical activity sessions, within a variety of environments using multiple resources
- To perform an effective client consultation and provide strategies for successful behaviour change
- To communicate effectively and build successful relationships with your clients and other health care professionals
- To prepare for employment in the health and fitness sector
- To manage, evaluate and improve your own performance
- To offer nutritional advice for physical activity based on a client's needs

STUDY MODE

PT

LOCATION

Llandarcy Academy of Sport - 03308 188 100

COURSE LENGTH

36W

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