

Personal Training

Diploma Level 3

STUDY MODE
Full time

LOCATION
Moulton

LEVEL
Level 3

START DATE
Sept 2024

DURATION
1 year



If you have a passion for fitness, communication, hard work and helping others, then our internationally recognised qualification in Personal Training is for you. As a Personal Training student you will have access to an exciting range of specialist resources at the College.

You will use our extensive sports facilities including our fitness suite and Olympic free weights training area, to develop a range of skills in planning and programming for a one to one coaching session.

Guided by our expert tutors and guest lecturers you will enhance your understanding of nutrition as well as learning the fundamentals of one to one lifestyle coaching. The Level 3 Diploma in Personal Training will enhance your employability prospects and will increase your salary potential, which includes being able to gain entry into the REPS register at level 3.

What will I learn on the course?

This course will enable students to become a qualified Personal Trainer and work with clients in a one to one setting, either in a health club or on a freelance basis. This qualification will also provide students with all the skills and knowledge needed to effectively prescribe exercise to clients, in different environments, with different goals and with a variety of fitness levels. Students will study some of the following units:

- Anatomy and physiology for exercise
- Applying the principles of nutrition as part of a personal training programme
- Programming personal training with clients
- Delivering personal training Students will also study additional qualifications in Business Skills and Ante Natal and Post Natal qualifications, which will further increase their salary potential and provide them with the skills necessary to set up their own personal training business.

What does a typical week look like?

This is a full time course taking place on three days per week from 9.00am - 4:30pm. You will have a variety of practical gym-based sessions each day which will take place in our fitness suite and Olympic free weights training area, as well as theoretical sessions which will prepare you for both the external and workbook assessments.

How will I be assessed?

- Practical assessments

- Written coursework and workbooks
- Externally set exams
- Presentations

Where can it lead to?

- Students can go on to progress into the health and fitness industry as a qualified personal trainer working with recognised organisations such as Pure Gym, Fitness First and David Lloyd Leisure.
- Some students go on to work as a self-employed personal trainer where they have started their own businesses.
- Some students supplement their personal training careers by studying a level 3 and level 4 sports massage qualification.
- Additionally students can choose to continue at the college and study a degree level programme on courses such as the BSc Strength and Conditioning qualification.

What are the entry requirements for this course?

Level 2 Diploma in Gym Instructing or equivalent apprenticeship in gym instruction plus at least one GCSE (or equivalent) at grade 4 or above in either English or maths.

Visit this course on our website: <https://www.moulton.ac.uk/courses/pcpt3/personal-training-diploma-level-3>

For further information please contact the college: <https://www.moulton.ac.uk/contact>