

Personal Training

Diploma Level 3

STUDY MODE
Part time

LOCATION
Moulton

LEVEL
Level 3

START DATE
1 February 2024

DURATION
16 teaching weeks



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 personal training session.

Guided by our expert tutors and lecturers you will enhance your understanding of nutrition as well as learning the fundamentals of one to one lifestyle coaching. This Level 3 Diploma in Personal Training will enhance your employability prospects and will increase your salary potential, which includes being able to gain membership with the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). This qualification is fully endorsed by CIMSPA.

What you'll learn

This course will enable you 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 you 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.

You 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

What will this course cost me?

Course fees for our part-time courses are dependent upon the availability of government funding, your current income and your existing qualifications. It may also be possible for you to apply for Advanced Learner Loan to cover the cost of your course fees.

Please contact our [Student Services Team](#) to discuss fees and any support that you may be entitled to.

A typical week

Lessons will run on Thursday evenings from 5:30pm-8:30pm, where you will be taught in a practical gym environment. It is also expected that you study the a few hours each week for the duration of the course.

How will I be assessed?

Online Assessment workbooks

- Observations
- Worksheets
- Multiple choice exam

Where can it lead to?

You can go onto 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 onto 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, or progressing onto higher education

Entry requirements

- You must have already completed a Level 2 Gym/Fitness Instructing qualification
- English GCSE grade 3 or above (or equivalent)
- You must be aged 19 or over
- Ideally have some form of experience of gym-based exercises
- You must be fit and able enough to demonstrate exercises and be able to communicate with clients

Visit this course on our website: <https://www.moulton.ac.uk/courses/sm81/personal-training-diploma-level-3>

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