



## Diploma in Gym Instructing and Personal Training - K130

This Level 3 course is a technical level qualification that will develop your knowledge, understanding and technical skills needed for a career in sport and the active leisure industry as a personal trainer in gym-based exercise.

This qualification is approved and endorsed by CIMSPA (Chartered Institute for the Management of Sport and Physical Activity).

### COURSE DETAILS

The course covers:

- Principles of anatomy, physiology and fitness
- Professionalism and customer care for fitness instructors
- Health, safety and welfare in a fitness environment
- Conducting client consultations to support positive behaviour change
- Planning and instructing gym-based exercise
- The principles of nutrition and their application to exercise and health
- Understanding lifestyle, health, well-being and common medical conditions
- Encouraging positive health and fitness behaviour in clients
- Programme design and delivery for personal training
- Professionalism and business acumen for personal trainers

### TIMETABLE INFO

Tuesday, 18:00 - 21:00

Start Date: 24/09/2024

## ENTRY GUIDELINES

To study a Level 3 qualification, you will need:

A minimum of 5 GCSEs at Grades 4-9 including English and/or Maths (or L2 Functional Skills in English and/or Maths)

OR

A relevant Level 2 qualification and English or Maths at Grade 4 or above (or L2 Functional Skills in English and/or Maths)

Satisfactory interview and/or assessment

If English is not your first language, you may need an assessment before enrolling on this course. To discuss further, please contact the ESOL department on 0151 551 7144.

## ASSESSMENT METHOD

The course is assessed using a combination of practical and portfolio-based activities. There is also an externally set online exam

## WHERE CAN I PROGRESS TO?

Self employment

Working in gym environment

Short courses to enhance qualification portfolio ie kettlebells, circuit training, group exercise and studio spinning

Explore potential careers via Career Match — it provides current local data on wages and employment prospects.

## WHEN DOES THIS COURSE RUN?

CAMPUS	ATTENDANCE	COURSE CODE	PLANNED TIME TABLE
	Part Time	K130Q001	

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<p><b>If you are aged 19 or over:</b></p> <p>Fee : £2225.00</p> <p>Please note, there are no discounts for this course.</p> <p><i>The fee quoted is for the academic year 24/25.</i></p>			

For advice and guidance, please contact Student Services via our [online enquiry form](#)

This information was current on 12th October, 2024 and may be subject to change.