

Personal Training Level 3 Diploma

Study Mode: Full Time | Course Level: 3

Is this course right for me?

If you want to work as a personal trainer in a gym or fitness centre, or launch your own personal training business this course will enable you to hit the ground running!

You will build on your existing skills and knowledge of the exercise and fitness industry and gain the confidence and expertise to work unsupervised as a personal trainer.

You will learn how to carry out baseline assessments to determine clients' existing levels of health and fitness, develop bespoke, safe and effective training packages to meet individual requirements, and deliver 1-2-1 or group training sessions, as well as give nutritional advice and promote the benefits of healthy eating and exercise to contribute to health and wellbeing.

You will also gain valuable skills in business and marketing, learn how to set up, promote and run your own personal training business and how to develop, maintain and grow your client list.

Depending on your existing maths and English qualifications, you will also get the chance to improve your English and maths skills, including speaking, reading, writing and the use of numbers, measurements and data analysis, all of which will be vital when running your own business and communicating with clients and equipment suppliers.

Entry Requirements

To access the course you are required to have:

- Four GCSEs at grade C / 4 or above including English and maths
- Level 2 sports qualification
- Experience of using gym equipment
- Knowledge of anatomy and physiology
- Satisfactory police declarations, DBS check and references

You will also be required to commit to a minimum of 90% attendance in lessons and be punctual and positive throughout your course.

What will I learn?

During the course you will study the following modules:

- Anatomy and physiology for health and exercise
- Principles of exercise, health and fitness
- Motivate clients to maintain long term adherence to exercise and physical activity

- Design, manage and adapt a personal training programme with clients
- Deliver exercise and physical activity as part of a personal training programme
- Apply the principles of nutrition to support client goals as part of an exercise and physical activity programme

As part of the course you will also complete a Functional Skills programme in and/or English or maths and develop your skills in speaking, listening, reading and writing, as well as the use of number, measurements, and data analysis.

What skills will I gain?

By studying this course you will:

- Develop practical skills in advanced gym-based exercise, delivery of leisure activities, fitness testing and emergency first aid
- Develop interpersonal and communication skills, self evaluation and reflection
- Understand how to work with the varying user groups that may come into the fitness domain
- Develop a wide range of skills to make you more employable, including English and maths

How will I be assessed?

This is a practical course and there are no exams.

Throughout the course you will be assessed in the following ways:

- Individual and group presentations
- Client case studies
- Role play in a range of related scenarios
- Question and answer sessions
- Producing informative display materials
- Timed assessments,
- Work-based assignments
- Observation of your work with clients
- Production of a portfolio of evidence demonstrating your learning and activities throughout the course

What can I do next?

Successful completion of the course will enable you to progress to:

- A career as a personal trainer
- Set up your own personal training business
- Level 3 sports qualification
- HNC or HND in sport

Why study with us?

Five reasons to choose us:

- Purpose-built sports centre equipped with latest fitness and training equipment
- Work with paying clients as part of your course
- Boost your own strength and fitness as part of your course
- Industry-recognised qualifications to impress future employers
- Experienced tutors who have worked in the industry themselves

We have an excellent success rate on this course and many of our past students have gone on to work as personal trainers in local gyms or set up their own businesses whilst others have worked on cruise ships and provided personal training sessions to passengers while travelling the world themselves.

While you are on this course you will get to take part in educational visits to fitness exhibitions and gyms and will also have the opportunity to enhance your learning by attending workshops in circuit training, kettlebells, spin, boxercise and exercise to music sessions.

Delivery

Location: Wellington Road Campus

Start Date: 05/09/2022

Day:

Time:

Course Fee:

Course Code: CP0157

Study Mode: Full Time

Apply online: www.wolvcoll.ac.uk/apply