Course Information

CITY OF WOLVERHAMPTON COLLEGE

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.

You will also complete 30 hours of work experience and attend lessons to improve your English and maths (or use the time for directed study if you already have Grade 4 or above).

Please note: You will be required to purchase a college-branded sport kit, costing approximately £80 - details will be provided on acceptance to the course and financial supoprt may be available to help with these costs.

Entry Requirements

To access the course you are required to have:

- Two GCSEs at grade 2 or above, preferably including English and sport*
- An active interest in exercise and gym work

On receipt of your application you will be required to attend an interview with a course tutor and admissions tutor to discuss your goals and determine your suitability for the 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

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 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 one to work as personal trainers in local gyms or set up their own businesses.

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: 02/09/2024
Day:
Time:
Course Fee:
Course Code: CP0157
Study Mode: Full time

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