Course Information

CITY OF WOLVERHAMPTON COLLEGE

Personal Training NCFE Level 3 Diploma

Study Mode: Full Time

Is this course right for me?

If you want a career as a personal trainer in the sport and active leisure sector this course will give you the knowledge, understanding and practical skills you need to work in the UK or further afield. You will combine practical activities with theoretical knowledge and will gain hands-on experience of working with real-life clients as part of the course which will not only enhance your understanding of fitness principles, but also enable you to tailor workout plans to accommodate different needs, provide expert guidance and motivate clients to achieve their fitness goals. The units covered on the course are mapped against the Chartered Institute for the Management of Sport and Physical Activity's (CIMSPA's) Professional Standards for gym instructors and personal trainers – meaning that the skills and knowledge you gain will be recognised by the industry. As part of the course, you will attend lessons to improve your English and maths (or use the time for directed study if you already have Grade 4 or above). You will also be required to purchase an approved college-branded sports kit which costs approximately £80 - details will be provided on acceptance to the course and financial support may be available to help with these costs.

Entry Requirements

To access this course you are required to have: · Five or more GCSEs at Grade 4 or above including English and maths, and ideally PE and science OR You will also be required to attend an interview with a member of the college's admissions team to discuss your career aspirations and determine your suitability for the course

What will I learn?

During the course you will study the following qualifications: NCFE – Diploma in Personal Training NCFE Award in Circuit training CIMPSA Practitioner Professional Standard qualification: Working in the community Working with Inactive people Maths English Work Experience

What skills will I gain?

Throughout the course you will develop knowledge and understanding of: · Customer service and how to support clients who take part in exercise and physical activity · Maintaining health, safety and welfare in a fitness environment – including the safeguarding of children and young adults · Developing safe and effective exercise for a range of clients · The health benefits of physical activity and the importance of healthy eating · Anatomy and physiology related to exercise programming for a range of clients · Designing, managing and adapting personal training programmes for a range of client groups ensuring that relevant contraindications and key safety guidelines are observed · Applying principles of nutrition to support clients goals as part of an exercise and physical activity programme · Marketing and business planning In addition you will gain a range of important employability skills, such as · Work practices and how different roles and departments function within an organisation · Working independently or as part of a team · Problem solving · Interpersonal skills · Communicating with professional colleagues, peers or senior colleagues · Supporting other aspiring employees · Personal manners, deportment, behaviour and dress.

How will I be assessed?

Throughout the course you will be assessed in the following ways: · Individual and group presentations · Case studies · Role play · Question and answer sessions · Production of display materials and advertising · Time constrained assessments · Work-based assignments · Practical assessments · Production of a portfolio of evidenc

What can I do next?

Learners who achieve this qualification could progress to: · Further Level 3 sports qualifications · Apprenticeship in a sports-related areas Gain employment in the sport industry as a gym instructor or personal trainer

Delivery

Location: Wellington Road Campus

Start Date: 07/09/2026

Day:

Time:

Course Fee:

Course Code: CP0157

Study Mode: Full Time

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