

NCFE Diploma in Gym Instructing and Personal Training

Ofsted Outstanding Provider

Course Level: Level 3 | **Campus: Newcastle** | **Subject Type: Sport & Public Services**

Course Overview:

For individuals passionate about health and fitness, this course will equip you with the skills to inspire and empower others to achieve their fitness goals. Dive into the principles of gym instructing, learning to create effective workout plans and provide personalised guidance to clients, mastering techniques to motivate and support clients on their fitness journey.

With hands-on experience and expert guidance, this course will prepare you to pursue rewarding careers as gym instructors and personal trainers, making a positive impact on the lives of others.

What's Covered:

If you have a passion for fitness and want to help people achieve their goals then this course will help you progress towards a career in the fitness industry.

You will be trained to a professionally competent level, enabling you to plan and deliver safe and effective exercise programmes and learn how to encourage your future clients to achieve their goals. You will learn about the fitness industry, applying the principles of nutrition to exercise plans, personal training with clients and the principles of exercise, fitness and health.

The Level 3 Diploma will also help you understand lifestyle, health and wellbeing when conducting client consultations to support positive behaviour change.

You will study 4 days per week, including compulsory work experience to give you the employability skills needed to work in the industry.

96%

Pass rate

Top FE College

Entry Requirements:

You will need a minimum of four or more high grades at GCSE in subjects relevant to the course you'd like to study, including maths and/or English Language at grade 4 or above. Alternatively, you'll need a Level 2 Diploma with overall Merit in a relevant subject and maths and English at appropriate levels.

An interest in progressing into employment in the fitness industry as a gym instructor or personal trainer is a pre-requisite of the course. You are also required to attend a College interview to establish your suitability for the course. If you do not meet these entry requirements you will be advised of other suitable alternative courses.

Assessment Information:

You will also be expected to undertake independent study at home towards your assessments. Alongside your course you will be expected to participate in all activities and excursions that are arranged as part of your course. Alongside your main course programme you might also study maths and/or English to improve your skills in these vital subjects by attending structured classes. You will also be assessed on your literacy and numeracy skills throughout the course There are online resources to support you on this course and additional learning support if required.

Fees and Financial Support:

This course is free for anyone aged 16 – 18.

College Maintenance Allowance (CMA):
Anyone with a gross household income under £30,000 can receive financial support to cover college related costs such as transport, meals, course equipment and uniform. Bursary support is based on individual circumstances and will be allocated to best suit your individual needs. A range of other financial support is available depending on your personal circumstances. For more details visit nscg.ac.uk/finance

Progression:

On completion of the course you will gain your YMCA L2 Diploma in Gym Instructing and your L3 Diploma in Personal Training (Practitioner) both of which are required by all major employers in the health and fitness industry. Both qualifications also give you the opportunity to develop a range of techniques, personal skills and attributes essential for successful performance in working life.

How do I find out more?

If you wish to find out more you can contact Becky Whiston, Curriculum Leader in L2/L3 Fitness by emailing: becky.whiston@nscg.ac.uk