

# YMCA Diploma in Personal Training (Practitioner)



Course Level: Level 3

Campus: Newcastle

Subject Type: Exercise & Fitness

## Course Overview:

Are you working in the fitness industry and would like to stand out from the competition? Studying this course will give you the skills and knowledge to progress in your career as a professional Personal Trainer on an employed or self-employed basis.

## What's Covered:

This qualification is suitable for learners holding a Level 2 qualification in Gym Instruction or equivalent who wish to progress to a career as a professional Personal Trainer on an employed or self-employed basis.

This qualification is mapped directly to:

The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) professional standards for a Personal Trainer

Level of entry onto REPS: Level 3

## Learners will cover:

- Anatomy and physiology knowledge as applicable to personal training.
- Nutrition and its application to support a client's health and physical activity programme
- Health and wellbeing and factors that affect this
- Effective communication during client consultations to promote and encourage healthy lifestyle behaviours and long term change
- Designing and planning effective Personal Training sessions for a range of clients in different environments
- Executing effective physical activity sessions for a range of clients in different environments
- Professional practice and legal requirements for Personal Training
- Business acumen for working in both an employed role and for self-employment
- Self-evaluation and professional development

## Entry Requirements:

Level 2 Gym Instructing/L2 Fitness Instructing Exercise to Music. The course requires physical exertion and individual participation is essential; therefore, a degree of physical fitness is necessary.

## Assessment Information:

The YMCA Level 3 Diploma in Personal Training (Practitioner) is assessed through internal and external assessment:

- Learner Assessment Record
- Assessment Workbook
- Multiple Choice Theory paper (external)

- Practical examination
- Portfolio of evidence

### **Fees and Financial Support:**

You can apply for an Advanced Learner Loan or Higher Education Loan to help with the costs of your course if you are 19 or older and the course you are studying is an eligible Level 3, 4, 5 or 6 course. If you have any queries with regards to the funding of your course, please contact Charlotte Robertson on 01782 254141 or email [charlotte.robertson@nscg.ac.uk](mailto:charlotte.robertson@nscg.ac.uk)

### **Progression:**

Learners may choose further same-level qualifications, for example:

- Level 3 Diploma in Exercise Referral
- Level 3 Diploma in Increasing Participation in Sport and Active Leisure in Community Settings
- Level 3 Diploma in Sport
- Level 3 Diploma in Sports Massage Therapy
- Level 3 Diploma in Teaching Pilates
- Level 3 Diploma in Teaching Yoga
- Level 3 special populations-related qualifications.
- Apprenticeship in Personal Training

### **What else do I need to know?**

This qualification is industry recognised and can lead to employment as a Personal Trainer. There is considerable theoretical and practical assessment therefore there is an expectation for study outside of the course hours.

## **How do I find out more?**

Apply online for the college to contact you for further information. Any queries please email [becky.whiston@nscg.ac.uk](mailto:becky.whiston@nscg.ac.uk) or call on 01782 254205