

YMCA Level 3 Diploma in Personal Training (Practitioner), Outdoor Exercise, Sports Conditioning and portable equipment (603/3505/1)

Purpose Statement

Overview

Who is this qualification for?

This qualification is suitable for learners who wish to pursue a career in the health and fitness industry as a self-employed or employed personal trainer with specialisms in outdoor fitness, sports conditioning and using portable equipment.

What prior qualifications/levels of attainment are needed to take this qualification? Are there any age restrictions?

The learner should hold Level 2 Certificate in Gym instructing or equivalent. The qualification is aimed at learners aged 16 and over.

What does this qualification cover?

The Level 3 Diploma in Personal Training (Practitioner), Outdoor Exercise, Sports Conditioning and portable equipment (603/3505/1) is regulated by Ofqual and QW and comprises 12 mandatory units awarding a total of 50 credits.

Mandatory units

- Applied Anatomy and Physiology (5 credits)
- Promoting wellness through client motivation and interaction (5 credits)
- Bespoke exercise programme design (8 credits)
- Customised exercise programme instruction and communication techniques (9 credits)
- Nutrition to support physical activity (5 credits)
- Business acumen for a successful Personal Training Practice (5 credits)
- Exercise Programming for Sports Conditioning (3 credit)
- Planning and Delivering Group Exercise Sessions in the Outdoor Environment (3 credits)
- Planning kettlebell training sessions (1 credits)
- Instructing kettlebell training sessions (2 credits)
- Planning suspended movement training sessions (2 credits)
- Instructing suspended movement training sessions (2 credits)

It equips learners with the following specialist knowledge, understanding and skills

Key topics/skills/knowledge covered:

- 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.
- Planning and delivering a group exercise session in an outdoor environment
- Working with clients for sports conditioning
- Plan, prepare and instruct kettlebell exercise sessions, making the activities imaginative, progressive and effective
- Lead suspended movement training exercise sessions, making the activities imaginative, progressive and effective

What could this qualification lead to?

Future employment possibilities

This qualification can lead to employment as a self-employed or employed personal trainer with specialisms in outdoor fitness, sports conditioning and using portable equipment.

Progression to further/higher level learning

This qualification provides progression to other qualifications at the same and higher levels, for example:

- YMCA Level 3 Diploma in Sports Massage Therapy
- YMCA Level 4 Certificate in Sports Massage Therapy

Who supports this qualification?

CIMSPA (Chartered Institute for the Management of Sport and Physical Activity)

Achievement of this qualification will provide entry to the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) at Practitioner level (exercise and fitness).

Launched in 2011, CIMSPA is the professional development body for the UK's sport and physical activity sector. CIMSPA was awarded chartered status by the Privy Council, which came into effect at the

awarding excellence

beginning of January 2012. CIMSPA provides leadership, support and empowerment for professionals working in sport and physical activity and a single unified voice for the sector.

To read more about CIMSPA, please visit <https://www.cimspa.co.uk>

REPs (Register of Exercise Professionals)

Achievement of this qualification will provide entry to the REPs category of Level 3 Personal Trainer

Launched in 2002, REPs is an independent, public register which recognises the qualifications and expertise of health-enhancing exercise instructors in the UK. REPs provides a system of regulation for instructors and trainers to ensure that they meet the health and fitness industries agreed National Occupational Standards.

REPs provides assurance and confidence to the public and employers that all professionals on the Register are appropriately qualified and have the knowledge, competence and skills to perform their role effectively.

REPs was developed to protect the public from trainers who do not hold appropriate qualifications. As well as protecting the public, REPs was also established to recognise the qualifications and skills of exercise professionals.

To read more about REPs please visit <http://www.exerciseregister.org/about-reps/about-reps>

Is this qualification eligible for an Advanced Learner Loan?

Yes, this qualification falls into band B Further information can be found in the Advanced Learner Loan catalogue by following the link <https://www.gov.uk/government/publications/advanced-learner-loans-qualifications-catalogue>