

## **YMCA Level 3 Diploma in Gym Instructing and Personal Training (Practitioner) 603/2921/X**

### **Purpose Statement**

#### **Overview**

##### **Who is this qualification for?**

- Those who want to pursue a career in the health and fitness industry as a gym instructor and personal trainer
- Those wishing to use the qualification as a platform for progression on to further learning, within the health and fitness or active leisure sectors

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

There are no pre-requisites for this qualification, however learners must be 16+

##### **What does this qualification cover?**

YMCA Level 3 Diploma in Gym Instructing and Personal Training (Practitioner) is regulated by Ofqual and Qualification Wales and comprises of 11 mandatory units awarding a total of 58 credits.

##### **Mandatory units**

- Anatomy and Physiology for Exercise and Fitness Instructors (6 credits)
- Providing a positive customer experience in the exercise environment (5 credits)
- Lifestyle and health awareness management (2 credits)
- Gym-based programme planning and preparation (3 credits)
- Gym-based programme delivery and professional instruction (5 credits)
- 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)

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

Key topics/skills/knowledge covered:

- Anatomy and Physiology, which is required when exercise programming and design for a range of clients
- Importance of professionalism, customer service, effective communication and interpersonal skills
- Knowledge and understanding of commonly occurring medically controlled diseases and health conditions
- Health and safety requirements for the exercise environment
- How to gather and analyse client information and establish their current health and fitness status
- Planning and instructing gym-based exercise
- How to design and deliver a health and fitness programme suitable to an individual's specific goals and level of fitness
- How to plan and conduct physical activity sessions within a variety of environments
- How to provide nutritional advice for physical activity based on a client's needs
- How to prepare for employment, as a personal trainer, on either an employed or self-employed basis

## **What could this qualification lead to?**

### **Future employment possibilities**

This qualification can lead to employment as a gym instructor and personal trainer

### **Progression to further/higher level learning**

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

- YMCA Awards Level 3 Award in Instructing Outdoor Fitness
- YMCA Awards Level 3 Award in Sports Conditioning
- YMCA Awards Level 3 Diploma in Sports Massage
- YMCA Awards Level 3 Diploma in Exercise Referral

## **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 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 industry's 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>