

YMCA Awards Level 3 Diploma in Personal Training (Gym-Based Exercise) 601/0195/7

Purpose Statement

Overview

Who is this qualification for?

- Those who want to pursue a career in the health and fitness industry as a fitness 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 (see 'Progression to further learning' below)

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, this qualification is aimed at individuals aged 16 +.

What does this qualification cover?

The YMCA Awards Level 3 Diploma in Personal Training (Gym-Based Exercise) is regulated by Ofqual and comprises of:

- 10 mandatory units totalling 52 credits
 - Principles of exercise, fitness and health
 - Anatomy and physiology for exercise
 - Know how to support clients who take part in exercise and physical activity
 - Health, safety and welfare in a fitness environment
 - Planning gym-based exercise
 - Instructing gym-based exercise
 - Anatomy and physiology for exercise and health
 - Applying the principles of nutrition to a physical activity programme
 - Programming personal training with clients
 - Delivering personal training sessions

Learners are required to gain 52 credits to be awarded the qualification. It equips learners with specialist knowledge, understanding and skills relevant to the role of the fitness instructor and personal trainer.

Key topics/skills/knowledge covered:

- anatomy and physiology including:
 - the heart and circulatory system
 - the musculoskeletal system
 - postural and core stability
 - the nervous, endocrine and energy systems and their relation to exercise and health

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- how to maintain health, safety and welfare in a variety of fitness environments, including the safeguarding of children and vulnerable adults
- how to programme safe and effective exercise for a range of clients, the health benefits of physical activity and the importance of healthy eating
- how to communicate with clients effectively, and motivate clients to adhere to an exercise programme
- how to apply the principles of nutrition to support client goals as part of an exercise and physical activity programme
- how to design, manage, and adapt a personal training programme with apparently healthy adults of all ages
- how to deliver exercise and physical activity as part of a programme for apparently healthy adults of all ages

What could this qualification lead to?

Future employment possibilities

This qualification can lead to employment as a fitness 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:

- Apprenticeship in exercise and fitness
- YMCA Awards Level 3 Award in Business Skills for the Fitness Professional
- YMCA Awards Level 3 Award in Instructing Outdoor Fitness
- YMCA Awards Level 3 Award in Sports Conditioning
- YMCA Awards Level 3 Award in Programming and Supervising Exercise with Disabled Clients
- Level 3 Certificate in Sports Massage (Soft Tissue Therapy)
- Level 3 Diploma in Exercise Referral

Who supports this qualification?

This qualification is supported by ukactive, a not-for-profit body comprised of members and partners from across the UK active lifestyle sector. It provides services and facilitates partnerships for a broad range of organisations, all of which support the vision of more people, more active, more often to improve the health of the nation. We exist to serve anyone with a benefit to be gained or a role to play in achieving that goal.

Ukactive's membership, which stands at over 3,000 members, includes operators of fitness facilities of all sizes, as well as local authority leisure centres, leisure trusts, outdoor fitness providers, trainers, sports providers, education and training providers, lifestyle companies,

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equipment suppliers and charities. Read more about ukactive here:

<http://www.ukactive.com/about-us>