

YMCA Awards Level 3 Diploma in Personal Training and Instruction 600/1275/4

Purpose Statement

Overview

Who is this qualification for?

- Those who want to pursue a career in the health and fitness industry as a self-employed or employed personal trainer with specialisms in outdoor fitness and sports conditioning.
- 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?

Level 2 Certificate in Fitness Instructing - Gym-Based Exercise (or equivalent), this qualification is aimed at individuals aged 16 +.

What does this qualification cover?

The YMCA Awards Level 3 Diploma in Personal Training and Instruction is regulated by Ofqual and comprises of:

- 10 mandatory units totalling 48 credits
 - Principles of exercise, fitness and health
 - Know how to support clients who take part in exercise and physical activity
 - Health, safety and welfare in a fitness environment
 - 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
 - Planning and delivering group exercise sessions in the outdoor environment
 - Exercise programming for sports conditioning
 - Business and marketing for the fitness professional

Learners are required to gain 48 credits to be awarded the qualification. It equips learners with specialist knowledge, understanding and skills relevant to the role of the 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

awarding excellence

- sports conditioning
- the principles of exercise and fitness, programming and nutrition
- instructing and adapt personal training sessions
- effective working relationships with clients
- health, safety and welfare in the fitness environment
- planning and delivering a group exercise session in an outdoor environment
- business planning

What could this qualification lead to?

Future employment possibilities

This qualification can lead to employment or self-employment as a 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 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, equipment suppliers and charities. Read more about ukactive here:

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