

## YMCA Awards Level 3 NVQ Diploma in Personal Training 501/0158/4

### Purpose Statement

#### Overview

##### Who is this qualification for?

- Those who want to pursue a career in the health and fitness industry as a personal trainer. It is ideal for learners already working in the industry who would like to upskill.
- 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?

Learners may embark on this qualification with no Level 2 qualification in the area, however it is imperative that training providers provide opportunity for learners to acquire the underpinning knowledge and skills required to enable them to achieve the qualification. For example, learners may not have previously covered anatomy and physiology for exercise, or planning and instructing gym based exercise, the knowledge of which would be assumed going into this qualification. This qualification is aimed at individuals aged 16 +.

##### What does this qualification cover?

The YMCA Awards Level 3 NVQ Diploma in Personal Training is regulated by Ofqual and comprises of a total of qualification comprising:

- 9 mandatory units totalling 48 credits:
  - Principles of exercise, fitness and health
  - Promote health, safety and welfare in active leisure and recreation
  - Reflect on and develop own practice in providing exercise and physical activity
  - Motivate clients to maintain long term adherence to exercise and physical activity
  - Design, manage and adapt a personal training programme with clients
  - Deliver exercise and physical activity as part of a personal training programme
  - Evaluate exercise and physical activity programmes
  - Anatomy and physiology for exercise and health
  - Applying the principles of nutrition to support clients goals as part of an exercise physical activity programme
- 1 optional unit, 5 credits:
  - Plan, market and sell services

*The above unit does not form part of the mandatory requirement for this qualification. Learners may achieve this additional unit for professional development if they require.*

Learners are required to gain a minimum of 48 credits from the mandatory units to be awarded the qualification. It equips learners with specialist knowledge, understanding and skills relevant to the role of the personal trainer with direct workplace experience.

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
- designing, managing and adapting a personal training programme
- motivating and communicating effectively with clients
- programming safe and effective exercise for a range of client
- the health benefits of physical activity and the importance of healthy eating
- applying the principles of nutrition to support client goals as part of an exercise and physical activity programme
- planning, marketing and selling services to clients
- health, safety and welfare

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

#### **Future employment possibilities**

This qualification can lead to employment or self-employment as a personal trainer or promotion to the role of a personal trainer for a fitness instructor already in employment.

#### **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>