The table below shows the units contained within the suite of Gym and Personal Training qualifications endorsed against CIMSPA professional standards.

UN	Unit	Level	Credits	Level 2 Certificate in Gym Instructing	Level 3 Diploma in Personal Training (Practitioner)	Level 3 Diploma in Personal Training (Practitioner), Outdoor Exercise and Sports Conditioning	Level 3 Diploma in Gym Instructing and Personal Training (Practitioner)	Level 3 Diploma in Personal Training (Practitioner), Outdoor Exercise, Sports Conditioning and portable equipment	Level 3 Diploma in Gym Instructing, Personal Training (Practitioner) and portable equipment
K/616/7823	Anatomy and physiology for exercise and fitness instructors	2	6	x			x		x
M/616/7824	Providing a positive customer experience in the exercise environment	2	5	x			x		x
K/616/7949	Lifestyle and health awareness management	2	2	x			x		x
D/616/7950	Gym-based programme planning and preparation	2	3	x			x		x
H/616/7951	Gym-based programme delivery and professional instruction	2	5	x			x		x
A/616/4747	Applied Anatomy and Physiology	3	5		x	x	x	x	x
J/616/4749	Promoting wellness through client motivation and interaction	3	5		x	x	x	x	x
F/616/4751	Bespoke exercise programme design	4	8		x	x	x	x	x
J/616/4752	Customised exercise programme instruction and communication techniques	4	9		x	x	x	x	x
L/616/4753	Nutrition to support physical activity	3	5		x	x	x	x	x
Y/616/4755	Business acumen for a successful Personal Training Practice	3	5		x	x	x	x	x
K/502/8524	Planning and delivering group exercise sessions in the outdoor environment	3	3			x		x	
K/503/0502	Exercise Programming for Sports Conditioning	3	3			x		x	
T/504/4872	Planning kettlebell training sessions	2	1					x	x
M/504/4871	Instructing kettlebell training sessions	2	2					x	x
L/507/8347	Planning suspended movement training sessions	2	1					x	x
J/507/8346	Instructing suspended movement training sessions	2	1					x	X
CIMSPA Professional Standard Endorsement				**Gym Instructor**	**Personal Trainer**	**Personal Trainer**	**Gym Instructor Personal Trainer**	**Personal Trainer**	**Gym Instructor Personal Trainer**
Total credit value				**21**	**37**	**43**	**58**	**69**	**84**