



## Certificate in Personal Training

Qualification Accreditation Number: 500/8259/0

### Delivery

Intensive, part-time and full-time

### Course Information

This course will provide you with all the necessary up-to-date skills needed to become a Personal Trainer. The qualification is recognised worldwide and will enable you to work as a Personal Trainer with any leading fitness provider, or start your own business as a Personal Trainer.

### Entry Requirements

Trainees should have an active interest in the Sports and Leisure Industry and be focused on a career as a fitness professional. You should hold a valid CYQ Certificate in Fitness Instruction Level 2.

### Course Content

During the course you will study and be assessed in:

- 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
- 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

### Assessment

The course is assessed through a portfolio of evidence to include:

- Coursework
- Multiple choice theory paper/eAssessment
- Practical examination
- Worksheets

### How to Apply

For schools, colleges and employers, please email or call our booking team for further information.

As an individual trainee you can apply online or alternatively complete the course request form and one of our advisors will help support you in your application.

### Course Units

Level 3  
Anatomy & Physiology for Exercise  
Credit: 6 GLH: 43

Level 2  
Health, Safety & Welfare in a  
Fitness Environment  
Credit: 2 GLH: 16

Level 2  
Principles of Exercise, Fitness &  
Health  
Credit: 4 GLH: 28

Level 2  
Know How to Support Clients Who  
Take Part in Exercise  
Credit: 2 GLH: 13

Level 3  
Applying the Principles of Nutrition as  
part of a Personal Training Programme  
Credit: 6 GLH: 40

Level 3  
Programming Personal Training  
with Clients  
Credit: 7 GLH: 47

Level 3  
Delivering Personal Training Sessions  
Credit: 9 GLH: 58