



Diploma in Personal Training

Qualification Accreditation Number: 500/8269/3 – 500/8788/5 – 500/8787/3 – 500/8259/0

Delivery

Intensive

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 part of the Diploma you will complete the following qualifications:



Entry Requirements

Trainees should have an active interest in the Sports and Leisure Industry, focussed on a career as a fitness professional.

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
- The skills and knowledge required to plan and prepare a gym-based exercise programme with apparently healthy adults – both individuals and groups. This may include young people in the 14-16 age range, provided they are part of a larger adult group. Client groups also covered are older adults, ante and postnatal clients and disabled clients provided the relevant contraindications and key safety.
- How to design and teach safe and effective circuit training sessions
- Working to music
- Motivating participants
- A variety of group teaching skills
- How to design and teach safe and effective group indoor cycling sessions
- The principles of warm up, the aerobic curve and cool down
- Core stability exercises

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.