



## Personal Training (Gym-based Exercise) Level 3

This brand new industry recognised qualification is perfect if you want to kick start your career in the fitness industry.

Level: 3

Duration: 2 Years

Campus: Aireville Campus

### Overview

This Personal Training (Gym-based Exercise) Level 3 will enable you to gain the necessary practical and theoretical skills for you to become a Personal Trainer in gym-based exercise to the general public and to get one step ahead on the career ladder in the fitness industry because you will also have studied the all-important nutritional aspect of fitness training. The career possibilities for Personal Trainers are vast - there are opportunities abroad, in the holiday industry as well as at home in this fast-growing industry.

### Modules

- Anatomy & Physiology For Exercise
- Health, Safety & Welfare In A Fitness Environment
- Principles Of Exercise, Fitness & Health
- Know How To Support Clients Who Take Part In Exercise & Physical Activity
- Planning Gym-Based Exercise

- Instructing Gym-Based Exercise
- Applying The Principles Of Nutrition To A Physical Activity Programme
- Anatomy & Physiology For Exercise & Health
- Programming Personal Training With Clients
- Delivering Personal Training Sessions

## Entry Requirements

5 GCSEs 9-4 or Fitness Instruction Level 2 (Merit/Distinction) including English & Maths GCSEs grade 9-4

## Career Progression

- Personal Trainer - Gym
- Personal trainer - Health Club
- Personal Trainer - Spa
- Personal trainer - Cruise Ships
- Personal Trainer - Hotels or Resorts
- Own Fitness Studio