

Qualification factsheet

Qualification overview

Qualification title	NCFE Active IQ Level 3 Diploma in Personal Training		
Qualification number (QN)	603/3491/5		
Total qualification time (TQT):	495	Guided learning hours (GL)	295
UCAS	This qualification has been allocated UCAS points. Please refer to the UCAS website for further details of the points allocation and the most up-to-date information.		
Entry requirements:	<p>This qualification is designed for learners who want to work as a Personal Trainer in the Sport and Active Leisure sector. This qualification is aimed at learners who are not currently in the role who will go on to be employed, or self-employed, as a Personal Trainer.</p> <p>Learners must have achieved a suitable Level 2 Fitness or Gym Instructing qualification before enrolling onto this qualification.</p>		

About this qualification

This qualification enables learners to become qualified Personal Trainers, ready to make a positive contribution to the workplace and to the health and well-being of a broad range of clients with different needs, in different types of environment.

The purpose of this qualification is to provide the knowledge, understanding and practical skills needed to work as a Personal Trainer in a variety of settings.

The objectives of this qualification are to help learners to:

- demonstrate the knowledge, understanding and practical skills needed to work as a Personal Trainer
- develop skills and knowledge in a range of areas relevant to their role, such as understanding health and safety in a fitness environment, anatomy and physiology, nutrition, marketing and business planning as well as personal training programming and delivering personal training sessions.

Qualification structure

To be awarded the NCFE Active IQ Level 3 Diploma in Personal Training, learners are required to successfully complete 6 mandatory units.

Mandatory units

Unit 01 Applied anatomy and physiology for activity, health and fitness (D/617/1707)
Unit 02 Client motivation and lifestyle management (H/617/1708)
Unit 03 Programming personal training sessions (K/617/1709)
Unit 04 Delivering personal training sessions (D/617/1710)

Unit 05 Nutrition to support a physical activity programme (H/617/1711)
Unit 06 Business acumen for personal trainers (K/617/1712)

Assessment

The Level 3 Diploma in Personal Training is a skills and knowledge-based qualification which is internally assessed and externally quality assured via a portfolio of evidence.

Progression opportunities

Learners who achieve this qualification could progress to:

- Level 3 Diploma in Exercise Referral
- Level 3 Diploma in Increasing Participation in Sport and Active Leisure in Community Settings
- Level 3 Diploma in Sport
- Level 3 Diploma in Sports Massage Therapy
- Apprenticeship in Personal Training

Learners who achieve this qualification could progress into employment or self-employment as a Personal Trainer. Other potential roles at this level could include:

- Gym Instructor
- Lifeguard
- Membership Sales Consultant
- Leisure Industry Sales Assistant
- Sports Coach
- Nutritionist
- Gym Manager/Owner.

Learners will also be able to gain access to practitioner membership of CIMSPA (Chartered Institute for the Management of Sport and Physical Activity).



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