Qualification factsheet

Qualification overview

Qualification title	NCFE Active IQ Level 3 Diploma in Gym Instructing and Personal Training		
Qualification number (QN)	603/4388/6		
Total qualification time (TQT):	680	**Guided learning hours (GL)**	425
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:	Learners should be 16 or above to undertake this qualification.		

About this qualification

This qualification is designed to provide the knowledge and skills required to work as a Gym Instructor and Personal Trainer in a variety of settings.

The objectives of this qualification are to:

- demonstrate the knowledge, understanding and practical skills needed to work as a Gym Instructor and Personal Trainer
- develop skills and knowledge in a range of areas relevant to the role, such as:
  - the principles of working in the gym environment, including customer service and how to maintain health, safety and welfare
  - anatomy and physiology
  - how to conduct consultations and promote the health benefits of physical activity
  - how to communicate effectively and motivate clients to adhere to an exercise programme
  - how to plan and prepare a gym-based exercise programme
  - nutrition to support a physical activity programme
  - marketing and business planning
  - personal training programming and delivering personal training sessions.

Qualification structure

To be awarded this qualification, learners are required to successfully complete 12 mandatory units.

Mandatory units

Unit 01 Anatomy and physiology for exercise (T/617/4001)
Unit 02 Maximising the customer experience in a gym environment (A/617/4002)
Unit 03 Supporting client health and well-being (D/617/4008)
Unit 04 Conducting client consultations and gym inductions (F/617/4003)
Unit 05 Planning and reviewing gym-based exercise programmes (R/617/4006)
Unit 06 Instructing and supervising gym-based exercise programmes (Y/617/4007)
Unit 07 Applied anatomy and physiology for activity, health and fitness (D/617/1707)

Unit 08 Client motivation and lifestyle management (H/617/1708)
Unit 09 Programming personal training sessions (K/617/1709)
Unit 10 Delivering personal training sessions (D/617/1710)
Unit 11 Nutrition to support a physical activity programme (H/617/1711)
Unit 12 Business acumen for personal trainers (K/617/1712)

Assessment

The Level 3 Diploma in Gym Instructing and Personal Training is a skills and knowledge-based qualification which is internally assessed.

Progression opportunities

Learners who achieve this qualification could progress to:

- Level 3 Sport and Physical Activity suite
- 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
- Level 3/Level 4 qualifications in Strength and Conditioning
- Apprenticeship in Personal Training.

Contact us

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