Qualification Factsheet

Qualification overview

Qualification title	**NCFE Active IQ Level 3 Diploma in Gym Instructing and Personal Training**		
Qualification number (QN)	603/2693/1		
Total qualification time (TQT)	676	**Guided learning hours (GLH)**	412
Entry requirements	Learners will benefit from having some prior experience with gym-based exercises, including free weights, and a reasonable level of physical fitness, as the course involves practical participation and physical exertion. Basic communication skills at level 2 are also recommended, as the qualification includes elements of discussion, presentation, reading, and writing.		

About this qualification

This qualification aims to train learners to a professionally competent level, enabling them to prescribe, plan and deliver safe and effective exercise programmes developing their skills knowledge to pursue a career in personal training.

Qualification structure

To be awarded this qualification, learners are required to successfully achieve **11 units** from the mandatory units.

Mandatory units

Unit 01 Principles of anatomy, physiology and fitness (A/616/7499)
Unit 02 Professionalism and customer care for fitness instructors (K/616/7501)
Unit 03 Health and safety in the fitness environment (M/616/7502)
Unit 04 Conducting client consultations to support positive behaviour change (A/616/7504)
Unit 05 Planning and instructing gym-based exercise (F/616/7505)
Unit 06 Applied anatomy and physiology for exercise, health and fitness (F/615/4012)
Unit 07 The principles of nutrition and their application to exercise and health (J/615/4013)
Unit 08 Understanding lifestyle, health, wellbeing and common medical conditions (R/615/4015)
Unit 09 Encouraging positive health and fitness behaviours in clients (Y/615/4016)
Unit 10 Programme design and delivery for personal training (H/615/4018)
Unit 11 Professionalism and business acumen for personal trainers (D/615/4020)

Assessment

Internally assessed and externally quality assured portfolio of evidence.

Progression opportunities

Learners who achieve this qualification could progress to the following:

- employment:
  - personal trainer
  - gym instructor
  - health and wellbeing coach
  - sports or exercise coach
- further education:
  - NCFE Active IQ Level 4 Certificate in Strength and Conditioning.

Endorsement

This qualification is fully mapped to the CIMSPA (Chartered Institute for the Management of Sport and Physical Activity) Gym Instructor and Personal Trainer Professional Standard.

Learners successfully completing this qualification will have met the requirements of the CIMSPA Gym Instructor and Personal Trainer Professional Standards and can use the qualification as evidence when applying for the relevant CIMSPA professional status.

Contact us

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