Qualification Factsheet

Qualification overview

Qualification title	**NCFE Active IQ Level 3 Diploma in Personal Training**		
Qualification number (QN)	610/5189/5		
Total qualification time (TQT)	370	**Guided learning hours (GLH)**	255
Entry requirements	Learners must be aged 16 or over. This qualification is designed for gym instructors wishing to pursue a career in the health and fitness sector as personal trainers and individuals who already hold a gym instructor qualification, wishing to become employed as a personal trainer. Learners wishing to undertake this qualification should have achieved a suitable level 2 qualification in gym instructing or fitness instructing. The course requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary. There is an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 2. Entry is at the discretion of the centre.		

About this qualification

This qualification aims to develop a learner's further knowledge and skills in gym instruction, to pursue a career in personal training. The role of a personal trainer is to coach clients (on a one-to-one or small group basis) towards their health and fitness goals. Personal training plays an important role in improving the health of the nation, creating opportunities to get more people, more active, more often.

This qualification has been designed in partnership with employers and covers the knowledge and skills identified in the industry as essential for the personal trainer role, covering the design of exercise programmes and instruction, nutritional advice and overall lifestyle management. The qualification also provides the learner with a comprehensive understanding of business, finances, sales and marketing to enable the personal trainer to build and retain a stable client base.

Qualification structure

To be awarded this qualification, learners are required to successfully achieve 6 mandatory units.

Mandatory units

Unit 01 Applied anatomy and physiology for exercise and fitness M/651/4025
Unit 02 Principles of nutrition for exercise and health R/651/4026
Unit 03 Understanding lifestyle, wellbeing and common medical conditions T/651/4027
Unit 04 Encouraging positive health and fitness behaviours Y/651/4028
Unit 05 Programme design and delivery for personal training A/651/4029
Unit 06 Professionalism and business acumen for personal trainers H/651/4030

Assessment

Internally assessed and externally quality assured portfolio of evidence.

Progression opportunities

Learners who achieve this qualification could progress to the following:

- further education:
  - sports massage therapy
  - adapting physical activity for antenatal and postnatal clients
  - apprenticeship in personal training.

Endorsement

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

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

Contact us

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