Qualification Factsheet

Qualification overview

Qualification title	**NCFE Active IQ Level 3 Extended Diploma in Personal Training**		
Qualification number (QN)	603/4113/0		
Total qualification time (TQT)	768	**Guided learning hours (GLH)**	384
Entry requirements	Learners must be 16+ years old and some experience of gym-based exercises, including free weights, is highly recommended. While there are no other specific entry requirements, an element of communication (discussing, presenting, reading and writing) is involved, and learners entering the programme should have basic skills in communication pitched at Level 2. The course requires physical exertion, and individual participation is essential; therefore, a degree of physical fitness is necessary.		

About this qualification

This qualification is designed for learners wishing to train to a professionally competent level. It enables them to prescribe, plan and deliver safe and effective exercise programmes while developing their skills and knowledge to pursue a career in personal training. It also enables them to develop a successful and sustainable personal training business.

Qualification structure

To be awarded this qualification, learners are required to successfully achieve **12 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 Delivering client consultations and health and fitness assessments (L/617/3999)
Unit 10 Personal training for individuals and groups in a range of environments (M/617/4000)
Unit 11 Professionalism and business acumen for personal trainers (D/615/4020)
Unit 12 Nutrition for sport and exercise performance (T/508/4367)

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
- further education:
- NCFE Active IQ Level 4 Certificate in Strength and Conditioning.

Endorsement

Learners successfully completing this qualification will have met the requirements of the CIMSPA Gym

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.

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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