

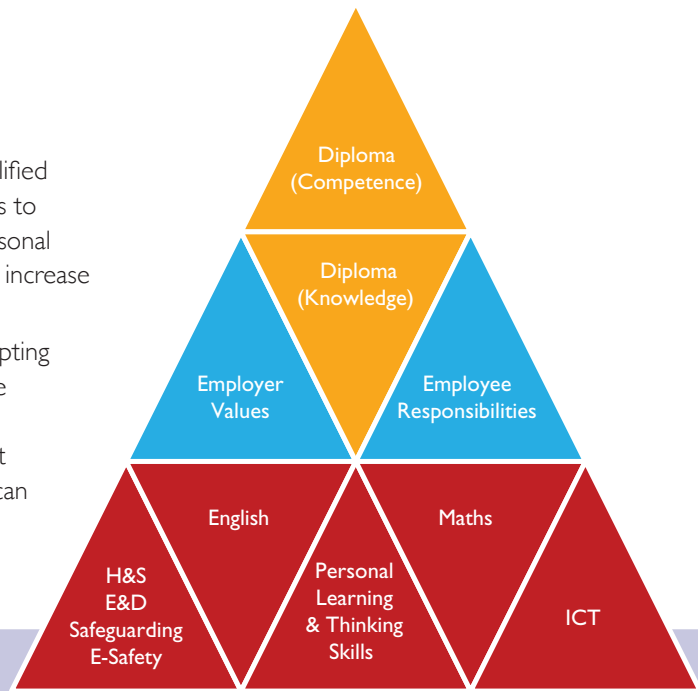


Advanced Apprenticeship in Personal Training

Who is the course for?

This advanced apprenticeship is for an individual who is qualified to Level 2 and already works as a gym instructor who wants to become a Personal Trainer. You could also be a qualified Personal Trainer with the Certificate in Personal Training but want to increase your knowledge and experience.

The Apprenticeship will cover developing designing and adapting personal training programmes with clients, advice on lifestyle (principles of nutrition and activity), planning and delivering personal training sessions. You will also be looking in detail at client safety and welfare when on work premises. This role can lead to a fantastic career in personal training.



How is the course structured?

Your Apprenticeship is a collection of recognised and externally accredited individual qualifications that are delivered as part of a package that can also include other business specific training elements. We call this an Apprenticeship Framework.

A full Apprenticeship Framework is made up of the following elements:

Diploma

Competency/Practical – this element is the main learning aim of your Apprenticeship. It is a competency based qualification where you will be trained and assessed against a set of performance criteria that relate to your chosen subject/ occupational area.

Technical Knowledge/Theory – this element is the part of your programme where we train and assess your specific underpinning knowledge of your chosen subject/ occupational area. It is often delivered as part of the Diploma.

Employer Requirements – we place all learning in the context of your organisation's core values and expected behaviours. Sometimes there are additional course components that your employer will ask us to train you in.

Employee Rights – we ensure that you understand your role and responsibilities at work.

Functional Skills – we deliver English and Maths qualifications at level 1 or 2 and in some frameworks we include ICT.

Health & Safety/Equality & Diversity/Safeguarding/ ESafety – these elements are offered as part of your framework and you can gain an accredited outcome for completing them.

Personal Learning & Thinking Skills – we ensure that these skills are formally developed and evidenced during your Apprenticeship.

What will my course contain?

To achieve The Active IQ L3 NVQ Diploma in Instructing Personal Training you must achieve the following units:

- Unit 1 – Reflect on and develop own practice in providing exercise and physical activity (F/601/7362) – this unit is worth 4 credits
- Unit 2 – Principles of exercise, fitness and health (A/600/9017)– this unit is worth 4 credits
- Unit 3 – Promote health, safety and welfare in active leisure and recreation (D/601/4484) – this unit is worth 4 credits
- Unit 4 – Anatomy and physiology for exercise and health (A/600/9051) - this unit is worth 6 credits
- Unit 5 – Motivate clients to maintain long terms adherence to exercise and physical activity (K/601/7758) – this unit is worth 4 credits
- Unit 6 – Evaluate exercise and physical activity programmes (M/601/7759) - this unit is worth 3 credits
- Unit 7 – Design, manage and adapt a personal training programme with clients (H/601/7760) – this unit is worth 6 credits
- Unit 8 – Deliver exercise and physical activity as part of a personal training programme (K/601/7761) – this unit is worth 10 credits
- Unit 9 – Apply the principles of nutrition to support client goals as part of an exercise and physical activity programme (M/601/7762) – this unit is worth 7 credits

This diploma is assessed through two Level 3 multiple choice exams (Anatomy and Physiology and Principles of Nutrition), one L2 multiple choice test unless already achieved in the L2 Certificate in Instructing Fitness, work based portfolio including: underpinning knowledge worksheets, evidence of promoting health and safety in work environment, evidence of developing of own career, expert witness statements and 2 eight weeks case studies. The assessment also includes observations of programme delivery to individual clients and groups and observation of working with clients.

The Underpinning Technical Certificate-Active IQ L3 Certificate in personal Training

1. Know how to support clients who take part in exercise and physical activity (M/600/9015)* – this unit is worth 2 credits
2. Health, safety and welfare in a fitness environment (T/600/9016)*– this unit is worth 2 credits
3. Principles of exercise, fitness and health (A/600/9017)* – this unit is worth 4 credits
4. Anatomy and physiology for exercise and health (A/600/9051) – this unit is worth 6 credits
5. Programming personal training with clients (F/600/9052) – this unit is worth 7 credits
6. Delivering personal training sessions (J/600/9053) – this unit is worth 9 credits
7. Applying the principles of nutrition to a physical activity programme (L/600/9054) – this unit is worth 6 credits

**The following 3 units have already been achieved at Level 2 (unit 1, 2 and 3) and in order to achieve the full Personal Training Certificate learners must achieve units 4, 5, 6 and 7.*

To achieve the L3 Active IQ Certificate in Personal Training you will have to pass the following:

Multiple choice exams for the unit 4 and 7, the unit 5 and part of unit 7 are covered by the 8 week long case study and unit 6 is achieved by passing a practical assessment.

The L 3 Active IQ Award in Employment Awareness in Active Leisure

- Unit 1 - Understanding Employment Rights and Responsibilities (J/600/0840) – this unit is worth 2 credit values
- Unit 2 - Understanding the Employing Organisation (R/600/1764) – this unit is worth 3 credit values
- Unit 3 - Understanding the Active Leisure and Learning Sector (F/600/1758) – this unit is worth 3 credit values

To achieve this award you will complete the worksheet for each unit and a short presentation for the unit 3.

How long is the course?

12-14 months

How is the course delivered?

You will be assigned a personal tutor who will plan an individual learning programme with you.

This will be based around regular monthly tutorials in the workplace, workshops and if appropriate some online learning.



You will be given mentoring and support in your role both 'on and off' the job through your employer's assigned supervisor/mentor/manager. In addition, a daily or weekly portion of time should be identified, outside the training elements shown above, to complete work-based assignments/project work or to access online learning. The time that needs to be dedicated to this varies from learner to learner; it may equate to an hour within the working day. Your monthly activities will be detailed by your tutor and activities undertaken should be recorded within your Learning Journey document.

What are the entry requirements for the course?

You should be aged 16 or over and be working or applying to work with a company that has agreed to offer this recognised Apprenticeship programme. You will also need to have completed the Intermediate Apprenticeship in Instructing Exercise and Fitness.

What could I do after this course?

Depending on your circumstances you may wish to progress on to an Advanced Business & Administration or Leadership & Management course.

Cost

TSP can access full and partial funding support for this programme.

Please contact us to check your eligibility and to confirm the course price.

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Apprenticeships

