

Certificate in Personal Training Level 3



Who is this qualification for?

If you are passionate about fitness and supporting the health and wellbeing of others, our Certificate in Personal Training gives learners the knowledge and skills to work with individuals and groups of clients in a personal training setting.

Benefits for individuals

- Build your theory and practical knowledge in exercise and wellbeing
- Develop your knowledge and skills to become a Personal Trainer
- Accredite your experience with a nationally recognised qualification

Prerequisite

It is a requirement for learners to hold a suitable level 2 Certificate in Fitness Instructing. Individual participation is necessary and there are practical demonstrations so access to a gym would also be required.

Course Structure

Induction:	One to one, online, tutor led induction session
Course Delivery:	You will <ul style="list-style-type: none"> ● have access to our interactive, online learning programme ● be provided with tutor led, online, one to one tutorials ● be able to contact your personal tutor for support calls throughout your course <p>★ Our Tutor Plus service includes additional 3 x one-to-one on-site visits</p>
Duration:	3 - 4 months
Assessment:	Worksheets, multiple choice examination, portfolio of evidence, practical observation during 1 x tutor onsite assessment visit



Qualification Structure

The learner must complete:

Unit 1 – Anatomy and physiology for exercise and health

Unit 2 – Applying the principles of nutrition to a physical activity programme

Unit 3 – Programming Personal Training with clients

Unit 4 – Delivering Personal Training sessions

Progression

You may wish to consider further qualifications in Health & Fitness, or in Leadership & Management.

What are the course costs?

Online Personal Tutor Service **£1,189**

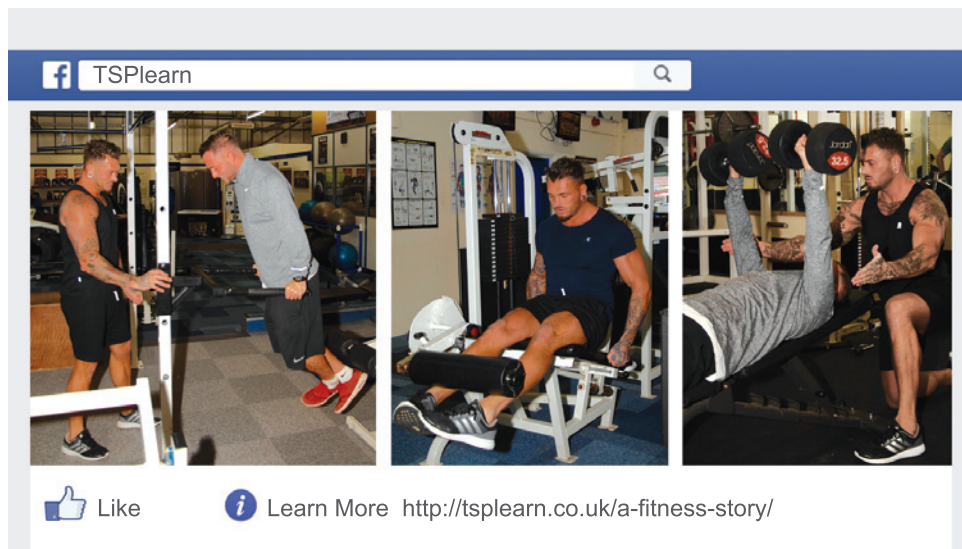
★ Online Personal Tutor Plus Service **£1,789**

Advanced Learning Loan

If you are aged 19 and over, you may be eligible to apply for a Learning Loan to cover a substantial part of your course fees. Learning Loan repayments start the April following the completion of your course and are only made when your annual income exceeds £21,000. The monthly amount you repay is calculated as 9% of your annual income above £21,000.



One of the UK's leading Awarding Organisations for the Active Leisure, Learning and Wellbeing Sector; recognised and regulated by Ofqual.



www.tsplearn.co.uk | Twitter @tsplearn | info@tsplearn.co.uk | 01451 810 387

