

Combined Diploma in Fitness Instruction and Personal Training Level 3



Who is this qualification for?

If you are passionate about fitness and supporting the health and wellbeing of others, our combined diploma programme provides the practical skills, backed up by comprehensive knowledge and theory to realise a career as a Fitness Instructor and Personal Trainer. You will be able to prescribe, plan and deliver safe and effective gym based exercise and personal training programmes.

Benefits for individuals

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

Prerequisite

There are no specific entry requirements however individual participation is necessary and some experience of gym based exercises, including free weights is highly beneficial. 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 ★ Our Tutor Plus service includes additional 3 x on-site one-to-one visits
Duration:	3 - 6 months
Assessment:	Worksheets, multiple choice examination, portfolio of evidence, practical observation during 2 x tutor on site assessment visits



Qualification Structure

The learner must complete:

Unit 1 – Anatomy and physiology for exercise

Unit 2 – Know how to support clients who take part in exercise and physical activity

Unit 3 – Health, safety and welfare in a fitness environment

Unit 4 – Principles of exercise, fitness and health

Unit 5 – Planning gym based exercise

Unit 6 – Instructing gym based exercise

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 **£2,882**

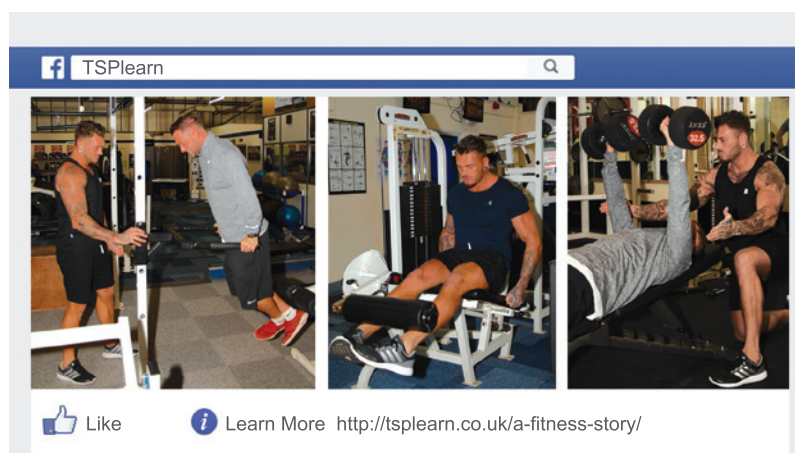
★ Online Personal Tutor Plus Service **£3,482**

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.



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