

A photograph of a gym environment with large windows. In the foreground, a young man in a red t-shirt and light-colored trousers sits on a blue exercise machine. Another young man in a red t-shirt stands next to him, facing away from the camera. In the background, other students are visible using gym equipment. A blue banner with white text is overlaid on the top left of the image.

Diploma in Gym Instructing and Personal Training - K130

This Level 3 course is a technical level qualification that will develop your knowledge, understanding and technical skills needed for a career in sport and the active leisure industry as a personal trainer in gym-based exercise.

This qualification is approved and endorsed by CIMSPA (Chartered Institute for the Management of Sport and Physical Activity).

COURSE DETAILS

The course covers:

- Principles of anatomy, physiology and fitness
- Professionalism and customer care for fitness instructors
- Health, safety and welfare in a fitness environment
- Conducting client consultations to support positive behaviour change
- Planning and instructing gym-based exercise
- The principles of nutrition and their application to exercise and health
- Understanding lifestyle, health, well-being and common medical conditions
- Encouraging positive health and fitness behaviour in clients
- Programme design and delivery for personal training
- Professionalism and business acumen for personal trainers

TIMETABLE INFO

Tuesday 15:00-20:30

ENTRY GUIDELINES

To study a Level 3 qualification, you will need:

A minimum of 5 GCSEs at Grades 4-9 including English and/or Maths (or L2 Functional Skills in English and/or Maths)

OR

A relevant Level 2 qualification and English or Maths at Grade 4 or above (or L2 Functional Skills in English and/or Maths)

Satisfactory interview and/or assessment

If English is not your first language, you may need an assessment before enrolling on this course. To discuss further, please contact the ESOL department on 0151 551 7144.

ASSESSMENT METHOD

The course is assessed using a combination of practical and portfolio-based activities. There is also an externally set online exam

WHERE CAN I PROGRESS TO?

Self employment

Working in gym environment

Short courses to enhance qualification portfolio ie kettlebells, circuit training, group exercise and studio spinning

Explore potential careers via Career Match — it provides current local data on wages and employment prospects.

WHEN DOES THIS COURSE RUN?

CAMPUS	ATTENDANCE	COURSE CODE	PLANNED TIME TABLE
	Part Time	K130Q001	

If you are aged 19 or over:

Fee : £2225.00

Please note, there are no discounts for this course. If you are aged 19+, you may be able to apply for a 19+ Advanced Learner Loan (which is available for this course).

The fee quoted is for the academic year 24/25.

For advice and guidance, please contact Student Services via our [online enquiry form](#)

This information was current on 01st July, 2025 and may be subject to change.