



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

ENTRY GUIDELINES

Relevant Level 1 qualification or minimum of 3 GCSEs at Grade 3/D or above.

Satisfactory interview, assessment, school report and/or satisfactory reference.

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.

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		
Oval Campus	Part Time	K130O001	DAY	TIMES	CAMPUS
			Tuesday	17:00 - 21:00	Oval Campus

If you are aged 19 or over:

Fee : £2100.00

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 22/23.

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

This information was current on 28th March, 2023 and may be subject to change.