



Personal Trainer (Gym based) Diploma - K048

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 by the Register of Exercise Professionals (REPS) upon successful completion of this qualification you will be eligible to register onto REPS and endorse by CIMSPA (Chartered Institute for the Management of Sport and Physical Activity).

COURSE DETAILS

Units of study will include:

- Applied anatomy and physiology for exercise, health and fitness
- Understanding lifestyle, health, well-being and common medical conditions
- Encouraging positive health and fitness behaviour in clients
- Professionalism and business acumen for personal trainers
- The principles of nutrition and their application to exercise and health
- Programme design and delivery for personal training

ENTRY GUIDELINES

This is the second year of a 2 year programme where students will have studied gym and fitness instructing before moving onto Personal Trainer. Priority will be given to those aged 16-18 years old with an active interest in health and fitness.

You should hold a relevant Level 2 qualification in Fitness and gym instructing, and a standard of education equivalent to 4 GCSEs grade 9-4 (A*-C), preferably including English and maths.

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

EQUIPMENT REQUIRED

You will need to purchase a college specified kit. More information will be given at interview.

ASSESSMENT METHOD

The course is assessed using a combination of practical and portfolio-based activities.

ADDITIONAL INFORMATION

Are you aged 16-18?

Study programmes are full-time courses for 16-18 year olds which include:

- A qualification such as BTEC Extended Diploma
- Meaningful work experience or preparation for work
- English and maths, if you don't already have GCSE grade 9-4 (A* - C) in English and maths
- Non-study activities such as tutorials, voluntary work, fund-raising/charity work, sport or trips

WHERE CAN I PROGRESS TO?

At the end of the course, you could progress to:

K040 - Sports and Exercise Science Level 3

K077 - Military Preparation Level 3

Employment in the sports and fitness industry

Explore potential careers via [Career Match](#) — it provides current local data on wages and employment prospects.

WHEN DOES THIS COURSE RUN?

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

This information was current on 27th January, 2023 and may be subject to change.