

FITNESS GARAGE

ACADEMY

Course Fact Sheet

ACTIVE IQ LEVEL 3 DIPLOMA IN GYM INSTRUCTING AND PERSONAL TRAINING

COURSE TITLE

Active IQ Level 3 Diploma in Gym Instructing and Personal Training

QUALIFICATION OVERVIEW

The Active IQ Level 3 Diploma in Gym Instructing and Personal Training will develop learners' knowledge and skills in gym instruction and personal training, to enable them to pursue a career in personal training. This qualification will provide a combination of knowledge and skills to prescribe, plan and deliver safe and effective exercise programmes and personal training sessions to a range of clients.

COURSE TYPE

Part time

AGE GROUP

18+

DURATION

20 Weeks

AWARDING BODY

Active IQ

WHAT DOES THE QUALIFICATION COVER?

During the qualification learners will cover the following units:

- Knowledge of anatomy and physiology that is applicable to gym instructing and personal training.
- Principles of exercise, fitness and health.
- Health and safety in a fitness environment and customer care.
- Nutrition for exercise, health and fitness.

- Lifestyle and medical factors that affect wellbeing.
- Effective communication skills for client consultations to encourage healthy lifestyle behaviours and strategies for change.
- The skills needed to plan and conduct physical activity sessions with different types of client in a variety of environments and with a range of resources.
- Legal and professional requirements for personal training.
- How to set up and manage a personal training business on a self-employed basis if desired.
- How to manage, evaluate and improve their own performance.
- How to use technology to support clients and manage a personal training business.

* To achieve the qualification learners must complete the eleven mandatory units.

WHEN WILL I STUDY?

Required attendance dates for the current available courses are listed on our homepage. For all full days our timings are 8:00am to 5:00pm. Due to the number of learners taking their assessments you will not be required to attend the full day on both of the assigned L2 and L3 assessments days. It is not advised that you attempt to complete this course if you cannot commit to full attendance on our in-person days at the Fitness Garage, based in Harrogate.

WHAT ARE OUR ENTRY REQUIREMENTS?

Learners must be 18+ years old. While there are no other specific entry requirements, an element of communication (discussing, presenting, reading and writing) is involved, and learners entering the programme should have basic skills in communication pitched at Level 2/GCSE. Basic IT skills are required to access on line materials and take part in online live sessions with our tutors. The course requires physical exertion, and individual participation is essential; therefore, a degree of physical fitness is necessary.

Resident status of the United Kingdom will be checked at induction

HOW WILL I BE ASSESSED?

The diploma in personal training has a range of assessments over the 6 units that include:

- 2 multiple choice exams
- Assignments
- Work book questions
- A range of practical observations
- Evaluations.

WHAT CAN I DO POST QUALIFICATION?

You are qualified to work as a personal trainer. Once the level 3 diploma has been achieved you are able to progress onto the following qualifications:

- Level 3 diploma in longterm conditions (formerly L3 exercise referral)
- Level 3 diploma in sports massage
- Level 4 Certificate in Advanced Fitness Instructing
- Level 4 Certificate in Strength and Conditioning
- Certificate in circuits

- Certificate in kettle bells
- Certificate in studio cycling
- Certificate in suspended movement

HOW DO I APPLY?

Please enquire by clicking a 'talk to us' button located throughout the website or contact Head of Centre, Andy Gardner on 01423 317117 or email hello@fitnessgarageacademy.co.uk

WHAT IS THE CURRENT COURSE FEE?

Our diploma course fee is £2800 and includes all required resources, e-learning access and gym based sessions to achieve certification for 2023. Pay as you learn options are available to spread payment prior to course certification. A deposit is required to secure this option. Administration fees for re-sitting the theory exams are applicable and current rates will be given during your course induction.

WHO SUPPORTS THE QUALIFICATION?

Support for the qualification has been provided by the following The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). To read more about CIMSPA, please visit www.cimspa.co.uk