

# YMCA Level 3 Diploma (Practitioner) Personal Training

## Why study this course at Cronton Sixth Form?

At Cronton we are a Centre of Sporting Excellence. We have extensive links with local gyms to ensure that you gain real work experience. The college also has its own gym with the latest equipment so that you can learn cutting edge training techniques.

## What will I study?

The course is an intense one-year course. In the first half of the academic year the Level 2 Fitness Instructor (Gym-Based Exercise) will be studied and achieved. The second half of the year builds on the skills and knowledge developed in the first half of the year by focussing on the Level 3 Diploma in Personal Training. This qualification is industry recognised and allows you to access employment as a fully qualified Fitness Instructor and Personal Trainer, also opening doors such as employment in the strength and conditioning industry. The course covers a wide range of subjects including both theory and practical work.

### Theory and Practical Based Subjects at Level 2:

- Anatomy and physiology for exercise and fitness instructors
- Providing a positive customer experience in the exercise environment
- Lifestyle management and health awareness
- Gym-based programme planning and preparation
- Gym-based programme delivery and professional instruction

### Theory and Practical based Subjects at Level 3:

- Applied anatomy and physiology
- Promoting wellness through client motivation and interaction
- Bespoke exercise programme design
- Customised exercise programme instruction and communication techniques
- Nutrition to support physical activity
- Business acumen for a successful personal training practice

## How will I be assessed?

Practical Delivery, Portfolio and Exams are some of the assessment's methods used to achieve the qualification modules.

## Entry Requirements

You will need 5 GCSE's at grades 9 - 4 including a Grade 4 in English Language, a Grade 4 in Maths and Grade 4 in Science. Students must also have a keen interest in strength and conditioning.

## Can I study this course if I have not taken it at GCSE?

You do not need to have studied Sport at GCSE.

## Centre of Sporting Excellence

Students studying sport at Cronton will be part of a Centre of Sporting Excellence and will have access to the fitness suites in the new IDEA Centre. Our coaches are committed to helping young athletes develop and excel both academically and professionally.

Our extensive elite sporting opportunities include individual coaching, prestigious and high profile sporting partnerships, scholarships, links with governing bodies and an international ski trip. The focus is on encouraging and supporting every student in maximising their performance in their chosen sport.



## Enrichment Opportunities

Students studying a Personal Training qualification at Cronton also had the opportunity to go Skiing in France and visit Barcelona, these experiences have provided them with the opportunity to travel, complete work experience, take in different cultures, grow on a personal level and make lifelong friendships.

Students also have the opportunity to take part in a full Sport enrichment programme and talented sports performers will have the opportunity to join our Centre of Sporting Excellence with access to the fitness suites. Our coaches are committed to helping young athletes develop and excel both academically and professionally. Our extensive elite sporting opportunities include individual coaching, prestigious and high-profile sporting partnerships, scholarships, links with governing bodies and an international ski trip. The focus is on encouraging and supporting every student in maximising their performance in their chosen sport.

## What can this course lead on to?

This is an industry recognised qualification and students successfully completing this course can access direct employment as a Fitness Instructor, Personal Trainer, Strength and Conditioning and Group Exercise Instructor within the fitness industry.

### Opening this year

Brand new facilities including:

- Modern gym
- Sports hall
- Changing facilities



## Any additional costs?

Students will be expected to purchase the course kit package that is £48.50 and make a contribution to trips and visits that are organised to support curriculum delivery.

## What have previous students said about this course?

"This is quite a fast paced course, but this keeps it interesting and it does help with your confidence in dealing with people"

## Outstanding Facilities

Offer sports science support in the new IDEA Centre for gifted and talented students for all sports including athletics, triathlon, gymnastics, taekwondo and many more. Up to 5.5 hours of individual coaching and one-to-one specialist support for talented sports students.

## Scholarships

Talented sport students can also apply for our scholarships, worth up to £2000 each.



## Talented Athlete Scholarship Scheme (TASS)

The Centre of Sporting Excellence at Cronton Sixth Form can support talented athletes studying any programme with their sporting and academic success with the TASS programme.

## Ofsted Outstanding 2020

### Our students

"Relationships between learners, apprentices and their teachers and assessors are excellent"

"Learners and apprentices develop their confidence, resilience and strong independence skills"



## Opportunities

You will also have the opportunity to join one of the college sports teams, including:

- Football teams
- Rugby teams
- Netball team
- Basketball team

You can also represent the college at AOC competitions

