

Personal Training (Gym-based Exercise) Level 3

What can I look forward to in my first year?

You will become both a qualified Fitness Instructor AND Personal Trainer within the year, gaining and INDUSTRY RECOGNISED qualification that is recognised all AROUND THE WORLD. You will work alongside peers in your group to plan training programmes specific to their goals, needs and nutrition and in doing this will learn new training methods and techniques to implement to help clients meet their personal goals.

Do I need to buy any equipment or kit?

You will not need any specific equipment or kit, but you will need your own gym kit that you are happy to get sweaty and exercise in.

What will my timetable look like?

You will be in college for two days a week plus study day to include maths and English where relevant. During your time in college you will spend time in the gym where you will develop your instructing and personal training skills in order to successfully work with clients. Your lessons will predominantly be based in our brand new state of the art gym.

You will spend time in the classroom learning theory which includes Anatomy and Physiology, Principles of Exercise and Nutrition which will help you to prepare for your exams. You will also work on your Learner Assessment Records (portfolio's).

You will have a tutorial session with your Personal Tutor who is there to support you pastorally (eg track your progress on the course and developing CVs to help you prepare for the world of work).

Which modules will I study in my first term?

Anatomy and Physiology
Principles of Exercise
Nutrition
Health and Safety
Supporting Clients
Planning Gym Based Exercise
Instructing Gym Based Exercise

What will happen in my first week?

You will meet the rest of the group that you will be studying with over your year at college. The first week will be a very practical based week where you will start studying aspects of the qualification and taking part in training/exercise activities within the gym.

Are there any books I need to buy or useful websites I should look at?

Anatomy and Physiology (heart, lungs, muscles, bones, energy, nervous systems)
Principles of Exercise (training methods, smart principle, FITT principle)
Nutrition (eatwell plate, carbohydrates, fat, protein, fluid)

