



## Personal Trainer Conversion

Course Guide

Thank for you your interest in the Personal Trainer Conversion course with Amac. Within this course guide, you will find information on the different parts of the course and working as a personal trainer.

If you need further information then visit our website or ring 01227 831 840 or via email on [info@amactraining.co.uk](mailto:info@amactraining.co.uk).

### Course Package

- Personal Trainer Conversion
- Includes attendance on the 1 day Fitness Testing CPD course

### Pre requisites

Level 3 Certificate in Advanced Fitness Instructing (copy of certificate required)

### Objectives of Course

This qualification has been created to facilitate the transition of instructors from the old register of Exercise Professional (REPs) structure to the new. The removal of the Advanced Fitness Instructor category in the new structure means that those who held this status will no longer be explicitly recognised.

The completion of this award allows learners to reach personal trainer status without having to duplicate learning.

### Qualification Units

- Advanced Fitness Instructor Up-skilling (Level 3)
- Applying the principles of nutrition to a physical activity programme (Level 3)



### Certification

Upon completing the personal trainer course with Amac, you will receive the following certification:

- Central YMCA Qualification Level 3 Award in Conversion of Advanced Fitness Instructor to Personal Trainer Status.

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# Personal Trainer



## Job Profile

### The work

Personal trainers provide individual programmes for clients to enable them to achieve their personal health and fitness goals. They educate, motivate and coach clients to help them follow their programmes safely and effectively, and advise them on health, nutrition and lifestyle changes on a one-to-one basis.

### Hours and environment

Personal trainers may work a 37-hour week, but hours are client centred and can include evenings and weekends. Many personal trainers work within a number of clubs and travel time may increase the working week considerably.

Many trainers are self-employed and work hours to suit themselves and clients. Other trainers work as gym instructors and personal train outside their normal hours of work. Personal trainers may rent space in a gym, have their own facilities or visit clients in their own homes.

### Skills and interests

To be a personal trainer you should:

- be determined and enthusiastic
- be willing to learn new skills and committed to your own professional development
- have good organisational skills
- have good communication skills and an outgoing and approachable personality
- have patience and the ability to motivate and enthuse people from a wide range of backgrounds.

### Entry

Personal trainers are fitness instructors with a high level of experience and advanced qualifications.

You will need at least a level 3 certificate linked to the National Occupational Standards (NOS) developed for the industry by SkillsActive, the Sector Skills Council (SSC) for Active Leisure and Learning.

This will enable you to gain entry on the Register of Exercise Professionals (REPs), which is also known as the 'Exercise Register'.

### Opportunities

Personal trainers are often self-employed and promote themselves as businesses. Others may work in settings such as health clubs owned by large chains, in spas, resorts, on cruise ships and for large companies providing workplace fitness facilities.

Some trainers may work exclusively for a single prestigious client.

### Annual income

Figures are intended as a guide only.

Personal trainers are usually paid by the hour for each session with a client. There are no set salary scales. Earnings depend on location, number of clients and on whether the trainer is independent or works for a gym.

Freelance instructors could earn between £20 and £40 an hour. Some popular instructors with high profile clients may earn between £50 and £100 an hour. Trainers in full-time employment will typically earn between £18,000 and £24,000 a year.

*Adapted from Skillsactive.*

# Level 3 Advanced Fitness Instructing Up-skilling

## Course Information



### Introduction

This unit covers the knowledge an instructor needs about anatomy and physiology relating to exercise programming for a range of clients.

### Format

This is a one day attendance course to give you the practical skills. You will receive a course manual prior to the course. There is also a mock paper that can be attempted to help you decide if you are ready for the exam. You do not need to submit any of the work completed for home study.

## Content

You will:

- Understand the heart and circulatory system and its relation to exercise and health.
- Understand the endocrine system and its relation to exercise and health
- Understand how to design physical activity programmes that are suited to a range of environments
- Be able to carry out physical measurements as appropriate for the client

## Assessments

**Assessment Element 1:** multiple choice test of the underpinning knowledge will be externally set and marked by Central YMCA Qualifications. Questions within this assessment are proportionate to the assessment criteria within the Level 3 Advanced Fitness Instructor Up-skilling unit relate to the following: Heart and circulatory system & Endocrine system.

The time allocated for the theory assessment is 30 minutes. This will comprise of 20 questions where you must achieve a minimum of 14 marks (70%) overall to pass.

**Assessment Element 2:** Viva will be carried out face-to-face.

**Assessment Element 3:** Practical Observation to evidence that physical measurements can be carried out on a client. You will be assessed on one of from each of the following areas:

- Blood pressure
- Anthropometrics
- Body Composition
- Range of motion
- Reach test
- Muscular fitness

# Level 3 Principles of Nutrition



## Course Information



### Introduction

This unit covers the learner's ability to apply the principles of nutrition to support client goals as part of an exercise and physical activity programme.

### Format

This is a home study theoretical part of the course which is one of the two accredited units of the qualification. You will receive a pack that guides you through the various subject areas.. You do not need to submit any of the work completed for home study.

## Content

You will:

- Understand the principles of nutrition
- Understand key guidelines in relation to nutrition
- Understand nationally recommended practice in relation to providing nutritional advice
- Understand the relationship between nutrition and physical activity
- Understand how to collect information relating to nutrition
- Understand energy systems and their relation to exercise
- Understand how to use nutritional information
- Understand the principles of nutritional goal setting with clients
- Be able to apply the principles of nutrition to a physical activity programme

## Assessments

### Assessment Element 1: Theory Assessment

A multiple choice test of the underpinning knowledge will be externally set and marked by Central YMCA Qualifications. The time allocation for the theory assessment is 50 minutes. This will comprise 40 questions where learners must achieve a minimum of 28 marks (70%) overall to pass.

### Assessment Element 2: Case Study

The case study should be carried out on apparently healthy adult who does not require nutritional intervention from a doctor/dietician/nutritionist e.g. does not have any of the following conditions: Diabetes; Eating disorder; Crohn's disease; Coeliac disease. The client can be selected from a number of sources, this may include: fellow students within the group or friends or relatives or partners or spouses. The client should have a measurable goal and require sufficient nutritional advice to enable the learner to meet the criteria outlined in the client consultation form.