

L3 Certificate in Personal Training (Active IQ)



Entry Requirement

Over 18

Course Overview

This Personal Trainer course is an industry recognised qualification that allows the holder to work as a personal trainer and gain entry at Level 3 onto the Register of Exercise Professionals (REPS). If you want to pursue a career in the health and fitness industry as a personal trainer working freelance or in health clubs, then this qualification is for you.

Personal training is an exciting, challenging and responsible career. You will need to be flexible, possess in-depth knowledge and have excellent communication skills. This course enables you to offer one-to-one training, baseline assessment, nutritional advice and progressive programming all specific to the individual needs of your clients.

Recognised Qualification

- Qualification awarded by Active IQ
- Enables level 3 entry to REPs

Accreditations

Active iQ



Course Content

Unit 1: Anatomy and physiology for exercise and health

- Heart and circulatory system and its relation to exercise and health
- Musculoskeletal system and its relation to exercise
- Postural and core stability
- Nervous system and its relation to exercise
- Endocrine system and its relation to exercise
- Energy systems and their relation to exercise

Unit 2: Applying the principles of nutrition to a physical activity programme

- Principles of nutrition to a physical activity programme
- How to collect, analyse and use nutritional information
- Principles of nutritional goal setting with clients
- Provide nutritional advice in line with nationally recommended best practice

Unit 3: Programming personal training with clients

- Prepare and plan personal training programmes
- Principles of collecting information to plan a personal training programme
- How to screen clients prior to a personal training programme
- Collect information about clients and agree goals

Unit 4: Delivering personal training sessions

- Instruct exercise during personal training sessions
- Adapt exercise to meet client needs during personal training sessions
- Understand how to review personal training sessions with clients



1. Blended Learning

You will study for this certificate through both online studies and attendance for the practical units. The theoretical units will be through Active IQ's interactive e-learning and hard copy manuals.

Summary of attendance:

L3 PT course – 4 days plus 1 assessment day

L3 Exams – ½ day

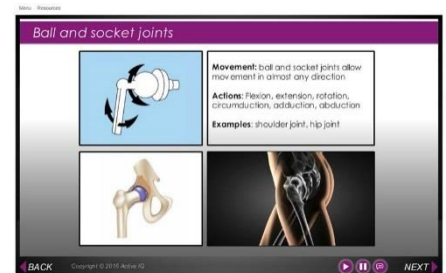
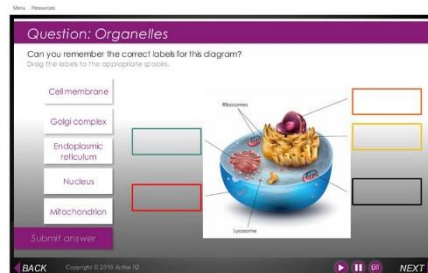


2. eLearning

You will study for this certificate through online learning for both practical and theoretical units along with hard copy manuals. There is no course attendance. For this format, it is recommended that you are very familiar with gym exercises (CV machines, resistance machines, free weights, body weight). You will need to submit all your assessments via post or electronically including video of your practically demonstrating instructing. You will be required to attend an exam venue for the 3 exams.

Summary of attendance:

L3 Exams – ½ day



Assessment

- Two multiple-choice exams
- Nutrition Case study
- Practical demonstration
- Portfolio/worksheets

Certification

- L3 Active IQ Certificate in Personal Training



What next?

- L3 Exercise Referral
- L3 Older Adult
- L3 Ante Natal and Post Natal