

L3 Diploma in Fitness Instructing and 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 (Level 2)

- Structure and function of the circulatory system
- Structure and function of the respiratory system
- Structure and function of the skeleton
- Understand joints in the skeleton and the muscular system
- Nervous system and its relation to exercise

Unit 2: Health, Safety and Welfare in a Fitness Environment (Level 2)

- Emergency procedures in a fitness environment
- Health and safety requirements in a fitness environment
- Control risks in a fitness environment
- Safeguard children and vulnerable adults

Unit 3: Principles of Exercise, Fitness and Health (Level 2)

- Effects of exercise on the body
- Components of fitness
- Principles and variables of fitness to an exercise programme
- Exercise contraindications and key safety guidelines for special populations
- Safely monitor exercise intensity
- Health benefits of physical activity and the importance of healthy eating

Unit 4: Know How to Support Clients Who Take Part in Exercise and Physical Activity (Level 2)

- Form effective working relationships with clients
- Address barriers to exercise that clients experience
- Support clients to adhere to exercise
- Provide ongoing customer service to clients

Unit 5: Planning Gym-Based Exercise (Level 2)

- Collect client information to plan gym-based exercise
- Use client information to plan gym-based exercise
- Plan gym-based exercise with clients
- Collect and use client information to plan a gym-based exercise programme
- Plan a safe and effective gym-based exercise programme with clients

Unit 6: Instructing Gym-Based Exercise (Level 2)

- Prepare clients for gym-based exercise
- Instruct gym-based exercise
- Supervise clients undertaking gym-based exercise
- Bring a gym-based exercise session to an end
- Support clients taking part in gym-based exercise

Unit 7: 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 8: 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 9: 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 10: 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 diploma in two parts for the Gym Instructor and Personal Trainer courses which combined leads to a Diploma. There is 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:

L2 Gym Instructor course – 3 days plus 1 assessment day

L2 Exams – ½ day

L3 PT course – 4 days plus 1 assessment day

L3 Exams – ½ day



2. eLearning

You will study for this diploma 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 videos of your practically demonstrating instructing. You will be required to attend an exam venue for both level 2 and 3 exams.

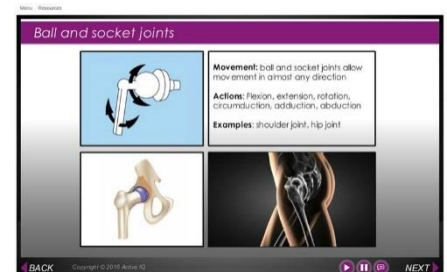
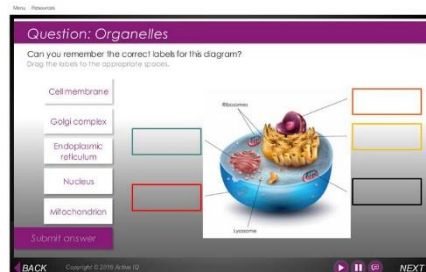
Summary of attendance:

L2 Exams – ½ day

L3 Exams – ½ day

Assessment

- Four multiple-choice exams
- Nutrition Case study
- Two Practical demonstrations
- Two Portfolios/worksheets



Certification

- L3 Active IQ Diploma in Fitness Instructing and Personal Training



What next?

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