

L3 Anatomy & Physiology (Active IQ)



Entry Requirement

Over 16

Course Overview

This course provides you with the necessary anatomy and physiology at level 3 to enable a sound understanding of how the human body works and the effects training will have upon it.

Whilst it will not enable you to gain entry onto REPS or CIMSPA by itself, it will help with your professional development, as well as improving your knowledge and understanding needed to programme effective training. This unit can be taken individually as presented here, or it can be taken as part of the personal trainer certificate/diploma or exercise referral diploma.

Recognised Qualification

- Certificate awarded by Active IQ

Accreditations

Active iQ

Course Content

- 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



20-30 hrs

Formats

1. Blended Learning

You will study for this certificate through both online studies and attendance for one day Theory Revision. The theoretical unit will be through Active IQ's interactive e-learning and hard copy manuals.

Summary of attendance:

Theory Revision Day – 1 day

L3 Exams – ¼ day



2. eLearning

You will study for this certificate through online learning along with hard copy manuals. You will be required to attend an exam venue for the 1 exam.

Summary of attendance:

L3 Exam – ¼ day

Assessment

- One multiple-choice exams

Certification

- L3 Active IQ Unit Certificate in Anatomy and Physiology for Exercise and Health (Unit accreditation number: A/600/9051)

Active iQ

What next?

- L3 Fitness Instructor
- L3 Nutrition
- L3 Ante Natal and Post Natal
- L2 Personal Trainer