

L3 Certificate in Personal Training (YMCA Awards)



Entry Requirement

Over 18, Level 2 Fitness Instructor Certificate or equivalent.

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

- RQF qualification awarded by YMCA Awards
- SkillsActive recognised and level 3 entry to REPs

Accreditations



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

Format



75 - 135 hrs

Blended Learning

You will study this course both online and through attendance. The theory for Anatomy and Physiology and Nutrition will be through Amac's interactive e-learning resources which have been specifically designed. Here are some screenshots from the online course.

Macronutrients

Process: 1.3 Carbohydrate digestion and absorption

1 Carbohydrates

1.4 The Glycaemic Index (GI)

The Glycaemic Index is a more accurate way of classifying the effects different foods have on blood sugar levels. It ranks food from 0-100 and is based on their immediate effect on blood sugar levels (the speed at which food is digested and converted to glucose). Glucose is used as a reference food and has a ranking of 100. The faster the rise in blood glucose, the higher the rating.

Many factors determine the GI rating of foods. For example:

- The more processed the food, the higher the rating.
- The more gelatinised (cooked with water), the faster the digestion and the higher the rating.
- The more amylose (a starch) a food contains, the slower it is digested and the lower its rating.
- Fat slows down carbohydrate digestion and lowers the rating.
- Soluble fibre also slows digestion and lowers the rating.
- Protein slows down carbohydrate digestion and lowers the rating.

To estimate the glycaemic index value of a meal:

1. Work out its total carbohydrate content
2. Work out the contribution of each food to the total carbohydrate component

For example:

Food	Carbohydrate (grams)	% Total Carbohydrate	GI	Contribution to total GI
Rice (cooked) (20 grams)	37	47%	82	39
Chickpeas (100 ml)	65	20%	52	8
Apple (core) (100 ml)	65	27%	40	11
Total carbohydrate	167	100%	Mean GI = 58	

Water and fluid intake

Note: 1.1 Functions of water

1 Water and fluid intake

Although water is not a nutrient in the classical sense, the human body cannot survive without it. It makes up 45-60% of a person's body mass, constitutes 66-75% of muscle weight and roughly 70% of the weight of body fat. As a result, differences in total body water between individuals are largely due to variations in body composition (percentage of lean versus fat tissue).

The body has two main water compartments:

- Intracellular – refers to inside cells
- Extracellular – refers to fluids surrounding cells

Of these two water compartments, approximately 65% is intracellular and 35% is extracellular.

Extracellular fluid includes:

- Blood plasma and lymph
- Saliva
- Fluid in the eyes
- Fluid secreted by glands and digestive tract
- Fluid that bathes nerves of the spinal cord
- Fluid secreted from skin and hair/follicles

Alongside the online learning, you will be posted hard copy manuals to study from too. There are six days attendance required which focusses on the practical planning and delivering personal training sessions. The seventh day is when you will be assessed doing your practical demonstration.

The exams are booked with your preferred dates.



Assessment

- Two multiple-choice exams
- Case study
- Practical demonstration
- Portfolio

Certification

- YMCA Awards Level 3 Certificate in Personal Training



What next?

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