

L4 Advanced Personal Trainer (Active IQ)



Entry Requirements

Over 18

You must hold a recognised Level 3 Diploma in Personal Training (or equivalent).

You must be able to apply factual and theoretical knowledge and be able to use a range of cognitive and practical skills to generate specific solutions for personal training clients. This will require you to work in predictable and unpredictable situations using knowledge, skills and competencies pitched at level 4.

Course Overview

The field of personal training and the needs of modern day professional personal trainers is rapidly evolving in line with the broad ranging needs and goals of the clients they serve. As a result, the industry has never been more competitive. Highly successful personal trainers are results driven and confidently differentiate their services offered to provide an ethical service and sustain a highly successful business. Driving this success is a more scientific and evidence-based approach to programming, training, monitoring and managing clients which translates to better client retention as well as attracting new clients.

This qualification will provide you with the enhanced knowledge and skills to fully understand your clients, utilise an evidence-based approach to programming and develop a successful and sustainable personal training business.

Course Content

- Research, evaluation and use of credible research and information to inform personal training / coaching practice.

- Integration and application of technologies, digital and social media into personal training practice to support, enhance and manage the client journey.
- The application of behaviour change and communication techniques to support, enhance and manage the client journey.
- Assessment, performance analysis and evaluation to support, enhance and manage the client journey.
- Design and application of long-term periodisation, planning, coaching and evaluation to optimise client success.

Recognised Qualification

- Level 4 qualification awarded by Active IQ
- Enables you to gain entry at Level 4 onto the Register of Exercise Professionals (REPS) and CIMSPA.

Accreditations

Active iQ



155 hrs

Format - Assessment

This requires two days attendance at the start. You will then be required to work with a real client (apparently healthy and have no medical conditions which would be considered outside the scope of practice for a PT) for at least 12 weeks whilst recording all sessions, modifications, adaptations, progressions, reassessments, results and any other relevant notes in a professional manner. This will form the basis of a live case study which must be over a period of at least 12 weeks. You will also be required to prepare a presentation and vivas.

Your assessor will carry out a viva approximately every 4 weeks via telephone/Skype and then you will have a final presentation assessment and viva either supplied electronically or you are scheduled to attend.

Assessment

- Real live 12 week case study and vivas
- Videoed/live presentation and viva

Certification

Active IQ Level 4 Certificate in Advanced Personal Training

Active iQ

What next?

- L4 Obesity and Diabetes Specialist Instructor
- L4 Lower Back Pain Specialist Instructor