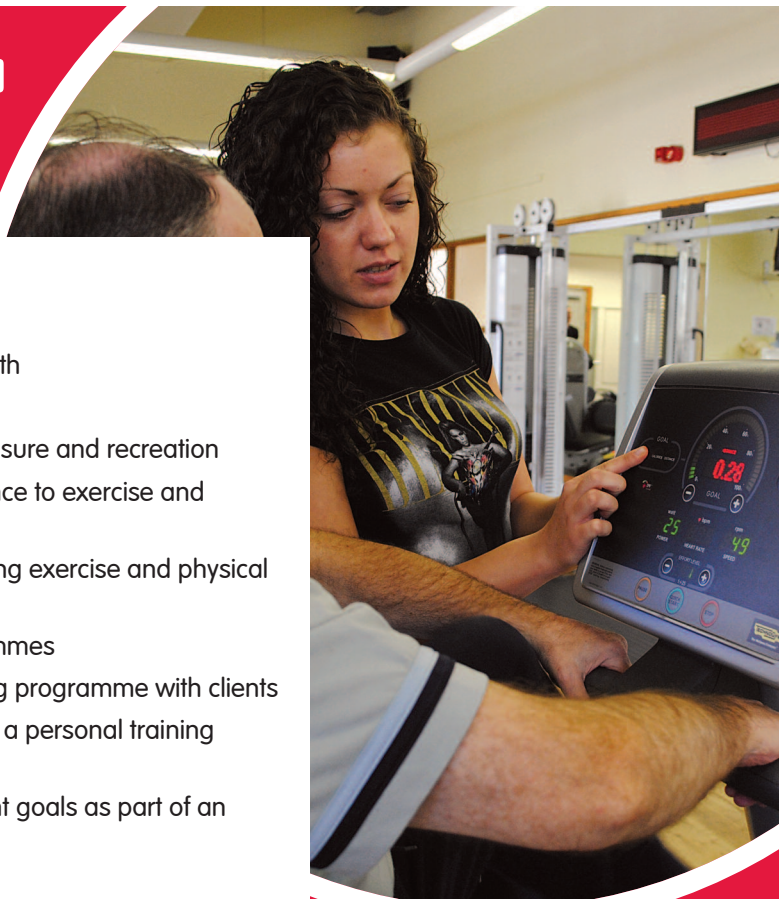


Level 3 NVQ Diploma in Personal Training



Course Content

Mandatory units

- Anatomy and physiology for exercise and health
- Principles of exercise, fitness and health
- Promote health, safety and welfare in active leisure and recreation
- Motivate clients to maintain long term adherence to exercise and physical activity
- Reflect on and develop own practice in providing exercise and physical activity
- Evaluate exercise and physical activity programmes
- Design, manage and adapt a personal training programme with clients
- Deliver exercise and physical activity as part of a personal training programme
- Apply the principles of nutrition to support client goals as part of an exercise and physical activity programme
- Plan, Market and Sell Services

Who is the course for?

For people over the age of 18 who wish to develop their fitness instructing career with Personal Training.

Assessment Method

Portfolio of Units to be assessed against the National Occupational Standards. Evidence to include:

- Observations
- Assignments
- Written questions
- Programme plans
- Reflective accounts
- Action plans
- Oral questions
- Professional discussions
- Witness testimonies

Entry Requirements

Potential Learners must:

- Qualified to a minimum Level 2 in Instructing Exercise and Fitness.
- Functional Skills in English and Maths at Level 2 or above.
- Have at least 12 months work experience in the gym environment.

Future Opportunities / career options

On successful completion learners can:

- Learners could set up their own personal training business
- Learners can move on to study in specialist areas of fitness

When the course is run?

Daytime, 1 and a half days (Term 1). Half a day plus work placement (Terms 2 and 3). 36 weeks per year.



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2011/12
Academic Year

**Contact Guidance on
Tel 0151 733 7255**

greenbankiag@greenbank-project.org.uk
Greenbank Lane, Liverpool L17 1AG
www.greenbankcollege.org.uk

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