

## **Gym Instructing and Personal Training, Sport Level 3 Diploma – CIMSPA endorsed**

Study Mode: Full-time | Course Level:

### **Is this course right for me?**

If you want a career as a personal trainer in the sport and active leisure sector, this course will give you the knowledge, understanding and practical skills you need to work in the UK or further afield.

You will combine practical activities with theoretical knowledge and will gain hands-on experience of working with real-life clients as part of the course which will not only enhance your understanding of fitness principles, but also enable you to tailor workout plans to accommodate different needs, provide expert guidance and motivate clients to achieve their fitness goals.

We are working closely with local leisure employers WV Active and Places Leisure to provide not only work experience but also an opportunity for paid employment while studying on the programme.

The units covered on the course are mapped against the Chartered Institute for the Management of Sport and Physical Activity's (CIMSPA's) Professional Standards for gym instructors and personal trainers - meaning that the skills and knowledge you gain will be recognised by the industry.

As part of the course, you will attend lessons to improve your English and maths (or use the time for directed study if you already have Grade 4 or above).

You will also be required to purchase an approved college-branded sports kit which costs approximately £80 - details will be provided on acceptance to the course and financial support may be available to help with these costs.

### **Entry Requirements**

To access this course you are required to have:

- Three or more GCSEs at Grade 3 or above including English and maths, and ideally PE and science OR
- Sport Level 2 Extended Certificate OR
- Level 2 Certificate in Coaching Multi Skills Development in Sport OR
- Level 2 Certificate in Gym Instructing

You will also be required to attend an interview with a member of the college's admissions team to discuss your career aspirations and determine your suitability for the course.

### **What will I learn?**

During the course you will study the following qualifications:

- Certificate in Gym Instructing (Year 1)

- Certificate in Group Training
- NPLQ Lifeguarding Qualification
- Food Safety and Hygiene
- NCFE Award in Circuit Training
- NCFE Diploma in Personal Training (Year 2)
- CIMPSA Practitioner Professional Standard qualification
- Maths
- English
- Work Experience

## **What skills will I gain?**

Throughout the course you will develop knowledge and understanding of:

- Customer service and how to support clients who take part in exercise and physical activity
- Maintaining health, safety and welfare in a fitness environment - including the safeguarding of children and young adults
- Developing safe and effective exercise for a range of clients
- The health benefits of physical activity and the importance of healthy eating
- Anatomy and physiology related to exercise programming for a range of clients
- Designing, managing and adapting personal training programmes for a range of client groups ensuring that relevant contraindications and key safety guidelines are observed
- Applying principles of nutrition to support clients' goals as part of an exercise and physical activity programme
- Marketing and business planning

In addition, you will gain a range of important employability skills, such as

- Work practices and how different roles and departments function within an organisation
- Working independently or as part of a team

- Problem solving
- Interpersonal skills
- Communicating with professional colleagues, peers or senior colleagues
- Supporting other aspiring employees

## **How will I be assessed?**

Throughout the course you will be assessed in the following ways:

- Individual and group presentations
- Case studies
- Role play
- Question and answer sessions
- Production of display materials and advertising
- Time constrained assessments
- Work-based assignments
- Practical assessments
- Production of a portfolio of evidence

## **What can I do next?**

Learners who achieve this qualification could progress to:

- Gain employment in the sport industry as a gym instructor or personal trainer
- Further sports qualifications
- Apprenticeship in a sports-related area

## **Why study with us?**

Five reasons to choose us:

- Purpose-built sports centre equipped with fitness and training equipment
- Work with employers and gain paid employment opportunities
- Boost your own strength and fitness as part of your course
- Industry-recognised qualifications to impress future employers
- Experienced tutors who have relevant industry experience

We have an excellent success rate on this course and many of our past students have gone on to have successful careers in the sports industry.

While you are on this course you will get to take part in educational visits to fitness exhibitions and gyms and will also have the opportunity to enhance your learning by attending workshops and hearing from guest speakers who have experience of working in the industry and can pass on their advice on what it takes to have a successful career.

## Delivery

**Location:** Wellington Road Campus

**Start Date:** 01/09/2025

**Day:**

**Time:**

**Course Fee:**

**Course Code:** CP4007

**Study Mode:** Full-time

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