BTEC LEVEL 3 NATIONAL EXTENDED DIPLOMA IN SPORT, FITNESS AND PERSONAL TRAINING

This course would suit students that have an interest in pursuing careers in the sport and active leisure industry, with a particular focus on gym instructing or personal training. This course has embedded industry accreditation, allowing learners to progress directly into work in the sector.

Level 3 · Extended Diploma · Truro College

TOP COURSE HIGHLIGHTS

TOP CLASS SPORTS FACILITIES | ACCESS TO WIDE RANGE OF SPORTS | EXCELLENT ACADEMIC SUCCESS | REGULAR SPORTS FIXTURES AND TOURS

THEORY INTO PRACTICE

High quality teaching of theoretical aspects are reinforced through practical sessions. Enabling the students to develop and experience real life scenarios in the gym and fitness environments.

PREPARATION FOR NEXT STEPS

An excellent tutorial programme coupled with pastoral support enables the students to make informed decisions about their next steps. Whether this be employment within the sporting industry or in a higher education capacity.

PURSUING SPORTING AND ACADEMIC EXCELLENCE

The course enables students to effectively combine both sporting and academic pathways to the highest levels. Lecturing staff and academy coaches possess a wealth of experience and expertise in their chosen fields that ensures excellent delivery in all areas.

WHY CHOOSE THIS COURSE?

This course is intended for post-16 learners who want to progress directly into employment in the health and fitness sector as a gym instructor or personal trainer. It gives a broad introduction to working in the sport and fitness industry, and it can also lead to further study at university. This is a career-focused qualification with industry endorsement and accreditation. The qualification provides the knowledge and develops the skills and application required for professional accreditation with the Register of Exercise Professionals (REPs) and the Chartered Institute of Management for Sport and Physical Activity (CIMSPA) Gym Instructor and Personal Trainer standards.

The content of the new BTEC Nationals have been developed in collaboration with employers and representatives from higher education and relevant professional bodies. They have ensured that content is up to date and that it includes the knowledge, understanding, skills and attributes required in the sector.

WHAT WILL I LEARN?

You will study through a combination of practical experience and theoretical based learning. Taught units will include health, wellbeing and sport careers in sport and active leisure, fitness skills development, self employment in sport and nutrition for physical performance.

WHERE WILL IT TAKE ME?

As a result of studying this course, our students can follow careers in the fitness industry. The primary focus is on progression to employment as a personal trainer and supports learners in setting up their own personal training and exercise instruction business. Learners can progress from this qualification to higher-education degree programmes, such as Health and Fitness; Diet, Fitness and Wellbeing; Coaching; PE Teaching and more.

ENTRY REQUIREMENTS

You will attend an interview with the course coordinator, your performance and attitude with be considered as well as your commitment to the health and fitness industry. You are also expected to achieve at least 4 Level 4 Grades in any GCSE's inc. Maths and/or English.

IMPORTANT

Course information can change. Please use the QR code below for the current assessment arrangements, entry requirements and start dates.

FOR THE LATEST COURSE INFORMATION

Scan for assessment arrangements, learner support, confirmed start dates and how to apply.