YMCA LEVEL 3 DIPLOMA TECHNICAL OCCUPATIONAL ENTRY IN EXERCISE AND FITNESS:PERSONAL TRAINER

Level 3 · Other · Truro College

PART-TIME INFORMATION

This course is approximately 305 hours in length and is run over 20 WEEKS on a Wednesday and Friday, plus assessment days.

The qualification consists of six units.

- Anatomy & physiology for exercise & fitness professionals
- Nutrition for physical activity and exercise
- Consultation and assessment for personal training
- Plan, deliver and evaluate personal training
- Plan, deliver and evaluate outdoor training
- Business acumen for health and fitness professionals

This course is designed for those looking to pursue a career as a personal trainer in a health club, sports/leisure centre environment or on a self-employed basis. It will provide you with the skills and knowledge to structure and instruct safe, effective, motivating, one to one, baseline assessment, nutritional advice and progressive programming, which is specific to the individual needs of a client.

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.