

Active Leisure Personal Trainer

Level 3 Diploma

Programme Factsheet

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This qualification is essential for any fitness professional wishing to progress onto REP's at Level 3 and start a career in personal training. Candidates must have achieved the Certificate in Fitness Instructing before moving onto this qualification.

Framework Structure

All learners will need to achieve the following mandatory units:

- Reflect on develop own practice in providing exercise and physical activity
- Promote health, safety and welfare in active leisure and recreation
- Motivate clients to maintain long term adherence to 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

All learners will need to complete the following mandatory units to achieve their Level 3 Certificate In Personal Training:

- Know how to support clients who take part in exercise and physical activity
- Health, safety and welfare in a fitness environment
- Principles of exercise, fitness and health
- Anatomy and physiology for exercise and health
- Programming personal training with clients
- Delivering personal training sessions
- Applying the principles of nutrition to a physical activity programme

Funded candidates will also need to complete the following:

- Functional Skills in English L2
- Functional Skills in Maths L2
- IAO Level 3 Award In Employment Awareness in Active Leisure and Learning

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Framework Unit Breakdown

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Reflect on and develop own practice in providing exercise and physical activity:

Learners will continue to build on their skills and knowledge by regularly reviewing feedback from their clients, colleagues and line manager and using this to improve their professional practice. They will take responsibility for keeping up to date with advancements in the exercise and physical activity sector and for taking part in relevant training and development.

Promote health, safety and welfare in active leisure and recreation:

Learners will develop a holistic understanding of the health, safety and welfare procedures specific to their workplace. They will know how to deal with injuries and signs of illness and what to do in the event of an emergency. They will also know how to identify and control any risks and how to help safeguard and protect children and vulnerable adults

Motivate clients to maintain long term adherence to exercise and physical activity:

Learners will establish and maintain effective relationships with their clients providing them with appropriate adherence strategies that encourage long term adherence to exercise

Evaluate exercise and physical activity programmes:

Learners will work with their clients to evaluate the effectiveness of their programmes and identify any changes that need to be made to ensure continuous progression and adaptation to achieve their goals. Learners will also continue to evaluate their own professional practice and identify which components of programming and delivery they need to improve on

Core Units:

A combination of three units (**Principles of exercise, fitness and health/Health, safety and welfare in a fitness environment/Know how to support clients who take part in physical activity**) that cover the key principles of health, safety and welfare, exercise, fitness and health and supporting clients. Together these units provide learners with the underpinning knowledge needed to work safely and effectively in a fitness environment.

Anatomy and physiology for exercise and health:

Enhance your understanding of how the muscular, cardio-respiratory, skeletal and nervous systems work together to enable movement.

Programming personal training with clients / Design, manage and adapt a personal training programme with clients:

Develop the knowledge, understanding and skills to design, manage and adapt long term progressive training programmes. Understand how to integrate a wide range of training techniques and methods to create individually tailored training plans, which also develop all components of fitness and apply the principles of training.

Delivering personal training sessions /Deliver exercise and physical activity as part of a personal training programme:

Develop the knowledge, understanding and skills to deliver and adapt personal training sessions using a motivational and engaging instructing style. Learn how to perform a range of fitness tests on clients and how provide effective and constructive feedback to clients and encourage long term adherence to exercise.

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Applying the principles of nutrition to a physical activity programme /Apply the principles of nutrition to support client goals as part of an exercise and physical activity programme :

Understand the principles of nutrition and key guidelines that underpin a healthy diet. Develop the skills to be able to collect and analyse clients' diets and provide advice that reflects national guidelines whilst also supporting their physical activity goals.