

ACTIVE IQ LEVEL 3 DIPLOMA IN PERSONAL TRAINING AND BUSINESS SKILLS FOR FITNESS PROFESSIONALS

Course Overview

This qualification gives learners the knowledge and skills to work with individual and groups of clients in a personal training setting. Successful achievement of the qualification will allow the learner to gain employment within an organisational setting or alternatively in a self-employed capacity.



It also provides access onto The Register of Exercise Professionals (REPs) at level 3.

Entry requirements

- A suitable Level 2 qualification in Gym Instructing
(If you do NOT already hold a Level 2 Gym Instructor qualification, please visit our Level 2 Certificate in Exercise & fitness (Gym) course page found in the 'COURSES' tab.)
- The course requires physical exertion and individual participations is essential, therefore a degree of physical fitness is necessary.

Length and Format of Course

Intensive week-ends – 12 days live; face-to-face training spread over 4 consecutive Fridays, Saturdays & Sundays supported by structured home study.

Intensive – 12 consecutive days live; face-to-face training Mon-Sat, over 2 consecutive weeks supported by structured home study.

Units Covered

This qualification comprises of 8 mandatory units

The following 3 units have already been achieved at Level 2 (unit 1,2,3) and in order to achieve the full personal training certificate learners must achieve units 4,5,6,7 & 8

1. Know how to support clients who take part in exercise and physical activity
2. Health, safety and welfare in a fitness environment
3. Principles of exercise, fitness and health
4. Anatomy and physiology for exercise and health
5. Programming personal training with clients
6. Delivering personal training sessions
7. Applying the principles of nutrition to a physical activity programme
8. Improving your business skills

Assessment Criteria

- Multiple Choice Examination in Anatomy & Physiology
- Multiple Choice Examination in Nutrition
- Portfolio of Evidence
- Practical Assessment

Course Cost

Standard Fee: £2,225 per person

To book a place on one of our courses
or to register your interest please contact:

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