

LEVEL 3 CERTIFICATE PERSONAL TRAINING

Subject Area
Student Type
Study Mode

Sport, Military &
Emergency Services
Adults
Part Time

What is the course about?

This course will provide you with the knowledge and skills required to work with individuals and groups of clients in a personal training setting. Successful achievement of the qualification will allow you to gain employment within an organisational setting or alternatively in a self-employed environment.

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

Why should I choose the course?

This course will build upon your existing skills and knowledge to lead you towards a successful career in personal training. From health and safety to anatomy and physiology, you will gain the skills you need to become a competent personal trainer and achieve your career goals.

What will I learn?

During the course, in three hours of onsite, face to face delivery per week, you will cover topics including:

- Applied anatomy and physiology for exercise, health and fitness
- The principles of nutrition and their application to exercise and health
- Understanding lifestyle, health, wellbeing and common medical conditions.
- Encouraging positive health and fitness behaviours in clients
- Programme design and delivery for personal training
- Professionalism and business acumen for personal trainers.

You will be assessed through coursework, multiple choice exams, a portfolio of evidence and practical assignments. A further 1.5 hours of weekly off site theory work will also be completed to ensure you are fully equipped to work in the industry.

What will the course lead on to?

Successful achievement of the qualification will allow you to gain employment within an organisational setting or alternatively in a self-employed environment. Additional specialist courses within the fitness industry are also available.

Are there any links with industry and university?

The college regularly runs guest lectures provided by local businesses such as PureGym, providing you with a valuable industry



**Warrington
& Vale Royal
College**

Warrington Campus
Winwick Rd, Warrington WA2 8QA

 wvr.ac.uk

 01925 494 494

Winsford campus
Weaver St, Winsford CW7 4AH

 learner.services@wvr.ac.uk

insight and allowing you the opportunity to speak to professionals about their job roles.

What support is available?

We have a team of staff dedicated to providing learning support if required, as well as a Welfare Team that is on hand to offer guidance, support and help when needed. Additionally, eligible students can access a wide range of finance and funding support to help them during their time at college.

Click here for learning support: <https://wvr.ac.uk/college-life/learning-support>

Click here for finance support: <https://wvr.ac.uk/college-life/financial-support>

Why should I choose to study the course at Warrington & Vale Royal College?

You will receive a personalised and contextual taught experience through the whole range of the course, with qualified staff from the sector delivering a thorough foundation to prepare you for starting out on your journey in the fitness industry.

What are the entry requirements?

To begin this course, you must hold a Level 2 qualification in Fitness Instructing (Gym/ETM) or equivalent. If using the ETM qualification, there must be clear evidence that you have appropriate underpinning knowledge of free weights and resistance machines.

The course requires physical exertion and individual participation is essential.

There is an element of communication (discussing, presenting, reading, and writing), therefore you will need to have basic communication skills pitched at level 2. The course will also feature application of number, for which you need basic skills pitched at level 3.

What are my funding options?

For further information on funding please contact our Learner Services Team on 01925 494400 or email learner.services@wvr.ac.uk.



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