



Level 3 Diploma in Personal Training

This qualification is aimed at anyone wishing to pursue a career in the health and fitness industry as a Personal Trainer either in a gym environment or as a self-employed trainer working in a variety of locations. This qualification is nationally and internationally recognised and is offered through the awarding body ActiveIQ, one of the most recognised awarding bodies in the UK. In order to gain this qualification, you must have completed or be in the process of completing your Level 2 Gym Instructor qualification.

The course will cover a wide variety of theory and practical elements which will include:

- Further knowledge of anatomy and physiology applicable to personal training.
- Nutrition for exercise, health and fitness.
- Lifestyle and medical factors that affect wellbeing.
- Effective communication skills for client consultations to encourage healthy lifestyle behaviours and strategies for change.
- Skills to plan and conduct physical activity sessions with different types of clients in a variety of environments with a range of resources.
- Legal and professional requirements for personal training.
- How to set up and manage a personal training business on a self-employed basis if they wish to.
- How to manage, evaluate and improve own performance.

Course Times & Costs

Courses are run through a mixture of online and face to face sessions. There is a fantastic learning portal and excellent manual to help online learning and this is integrated with face to face training sessions to give the best learning experience possible.

This course can be studied full or part time to suit your requirements, for more information on course dates and times please contact Tim Holbrook on 07766335672 or email hello@thetrainingklub.co.uk.

The cost of this course is £900, if combined with other courses discounts are available. There is an initial deposit payable of £200 and the remainder of the course fees can be paid throughout the duration of the course.