

YMCA Diploma in Fitness Instructing, Personal Training and Circuits Level 3



In a nutshell

By completing this qualification, learners will meet industry requirements to become a Gym and Group Exercise Instructor, and a Personal Trainer (as set out within the CIMSPA professional standards)

This course is for...

... Anyone that wants to develop the knowledge and skills to successfully pursue a career in the health and fitness industry.

Course content

The purpose of this qualification is to enable learners to:

Maintain health, safety, and hygiene in the gym-based environment
Supervise and support participants in a gym-based environment.

COURSE INFORMATION LEAFLET

Plan, deliver and evaluate gym-based exercise programmes
Plan, deliver and evaluate group circuit training sessions.
Consult and assess clients' needs and support them towards their health and fitness goals
Plan, deliver and evaluate indoor and outdoor personal training sessions to support individuals (one-to-one) and small groups.
Apply methods of marketing to promote their own personal training business

Entry Requirements

There are no formal entry requirements for this qualification.

Additional information

This qualification is an occupational entry qualification. This means that it meets the agreed industry prerequisites to enter the sport and physical activity sector as an employed or self-employed Gym Instructor, Group Exercise instructor and Personal Trainer.

This qualification can also lead to further training at the same and/or higher levels to specialise and increase scope of practice. For example:

Population specialisms (to work with a broader range of clients)
YMCA Level 2 Award in Engaging Inactive People in Physical Activity to Create Long-Term Behaviour Change (603/7345/3)
YMCA Level 2 Award in Engaging Children Aged 0-5 in Sport and Physical Activity (603/7218/7)
YMCA Level 2 Award in Engaging Children and Young People in Sport and Physical Activity (603/7216/3)
YMCA Level 3 Award in Supporting Participation in Physical Activity. Perinatal (610/0829/1)
YMCA Level 3 Award in Supporting Participation in Physical Activity: Disability and Impairments (610/1559/1)
YMCA Level 3 Award in Supporting Participation in Physical Activity: Older Adults (610/1668/8)
YMCA Level 3 Diploma in Exercise Referral (603/3103/3)

Environment specialisms (to work in more settings)

YMCA Level 2 Award in Developing Sustainable Physical Activity Programmes. Within Community Settings (603/7343/X)

Technical specialisms (to work with specific equipment or perform additional roles within the workplace):



COURSE INFORMATION LEAFLET

YMCA Level 2 Award in Instructing Kettlebell Training (603/7186/9)

YMCA Level 2 Award in Instructing Suspended Movement Training (603/7187/0)

YMCA Level 2 Award in Mental Health Awareness and Understanding Approaches to Support Individuals (603/7146/8)

YMCA Level 2 Award in Safeguarding Adults and Adults at Risk (6/10/0822/9)

YMCA Level 3 Award in Emergency First Aid at Work (603/1902/1)

YMCA Level 3 Award in First Aid at Work (603/1903/3)

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