



Purpose Statement

Training Provider Name	FitAsylum
Awarding organisation name	Active IQ
Name of regulated qualification	Active IQ Level 3 Certificate in Personal Training (QCF)
Qualification level	Level 3
Qualification accreditation number	500/8820/8
Qualification type	Qualifications and Credit Framework (QCF). The QCF is a way of recognising achievement through the award of credit for units and qualifications. For more information visit: http://ofqual.gov.uk/qualifications-and-assessments/qualification-frameworks/

Qualification Overview

The Active IQ Level 3 Certificate in Personal Training is suitable for you if you want to pursue a career within the health and fitness sector and gain employment as a personal trainer. It will provide you with a combination of knowledge and skills to prescribe, plan and deliver safe and effective exercise programmes and personal training sessions to a range of clients. By achieving this qualification you will be recognised as a qualified personal trainer. You will also be able to gain access onto the Register of Exercise Professionals (REPs) at Level 3.

The REPs is an independent, public register which recognises the qualifications and expertise of health-enhancing exercise instructors in the UK. The REPs provides a system of regulation for qualified instructors and trainers to ensure they meet the health and fitness industry agreed National Occupational Standards.

To read more about REPs please visit: <http://www.exerciseregister.org/about-reps/about-reps>

You will cover and develop core, mandatory vocational knowledge and skills set out in the aims and objectives below:

Qualification aim:

- To build on your existing knowledge and skills in gym instruction and develop these skills further to pursue a career in personal training

Qualification objectives:

The qualification will provide you with the knowledge and skills:

- Of anatomy and physiology, functional kinesiology and concepts/ components of fitness
- To successfully gather and analyse client information using the most accepted techniques
- To assess a client's current health and fitness status
- To plan and conduct physical activity sessions, within a variety of environments using multiple resources
- To perform an effective client consultation and provide strategies for successful behaviour change
- To communicate effectively and build successful relationships with your clients and other health care professionals
- To prepare for employment in the health and fitness sector
- To manage, evaluate and improve your own performance
- To offer nutritional advice for physical activity based on a client's needs

Qualification structure

To achieve the qualification you must complete all seven vocational, mandatory units set out below. All units of this qualification are vocational and will provide you with the skills, knowledge and understanding that you will need to work as a qualified personal trainer. The total credit value of the qualification is 36 credits.

- Anatomy and physiology for exercise and health (Level 3, 6 credits)
- Know how to support clients who take part in exercise and physical activity (Level 2, 2 credits)
- Health, safety and welfare in a fitness environment (Level 2, 2 credits)
- Principles of exercise, fitness and health (Level 2, 4 credits)
- Applying the principles of nutrition to a physical activity programme (Level 3, 6 credits)
- Programming personal training with clients (Level 3, 7 credits)
- Delivering personal training sessions (Level 3, 9 credits)

Who is this qualification designed for?

You must be 16+ years old and hold a Level 2 qualification in Fitness Instructing (Gym). There is an element of communication (discussing, presenting, reading and writing) involved and you should have basic skills in communication at Level 2. The qualification requires physical exertion and your participation is essential, so it's important you are physically fit.

The qualification has been designed for:

- Gym instructors wishing to work and/or seek employment in the health and fitness sector as a personal trainer
- Individuals already working in the health and fitness sector wishing to enhance their career progression opportunities

What could this qualification lead to?

This qualification will allow you to enter the health and fitness sector and will lead to employment in the following job role:

- Personal trainer (Level 3)

You will be able to work as a personal trainer in a variety of organisations such as health clubs, leisure centres and wellbeing facilities. This accredited achievement is valued and recognised by employers and the REPs. It can also assist you to increase your career opportunities, progression and earning potential.

Will the qualification support progression to further learning?

The qualification is designed to offer you entry to employment and progression within your employment; however you can also progress onto the following qualifications and apprenticeship framework:

- Level 3 Diploma in Exercise Referral (QCF)
- Level 3 NVQ Diploma in Personal Training (QCF)
- Active IQ Level 3 Diploma in Personal Training and Business Skills for Fitness Professionals (QCF)
- Active IQ Level 3 Diploma in Health and Fitness (QCF)
- Active IQ Level 3 Diploma in Instructing Pilates Matwork (QCF)
- Active IQ Level 3 Diploma in Teaching Yoga (QCF)
- Level 4 special populations qualifications
- Advanced Apprenticeship in Exercise and Fitness

Is the qualification available in an apprenticeship?

This qualification is available in an apprenticeship framework, but is also suitable to be taken outside of an apprenticeship. This qualification is the industry recognised market entry requirement to work as a personal trainer. You should take this qualification if you want to enter the health and fitness sector and gain employment as a personal trainer. Once in employment, you could then progress to the Advanced Apprenticeship in Exercise and Fitness to demonstrate your competence and ability over time, within your workplace.

Why should I take this particular qualification if there are similar qualifications available?

You should take the Level 3 Certificate in Personal Training if you:

- Already hold a suitable Level 2 qualification in Fitness Instructing (Gym)
- Want to work as an employed personal trainer in variety of organisations such as health clubs and leisure facilities

There are three qualifications that are similar to the Level 3 Certificate in Personal Training and their differences are explained below. You should also be aware of the differing credit size value of each qualification:

Active IQ Level 3 NVQ Diploma in Personal Training (QCF), accreditation number: 500/9305/8 (48 credits)

This qualification is a competence-based qualification and is designed for individuals already working in the health and fitness sector, for example, as a personal trainer, who wish to demonstrate their competence and ability within their workplace and over time. To achieve this qualification an individual must demonstrate, on more than one occasion, their knowledge and skills competence against the National Occupational Standards in a real work setting.

Active IQ Level 3 Diploma in Personal Training and Business Skills for Fitness professionals (QCF), accreditation number: 600/9744/9 (38 credits)

This qualification is designed for individuals who want to become qualified as a personal trainer and go on, for example, to work in a self-employed environment and build their own business. This qualification contains an additional unit (Improving your Business Skills) which covers key topics such as developing a proposal to start a new business and developing a marketing strategy.

Active IQ Level 3 Diploma in Fitness Instructing and Personal Training (QCF), accreditation number: 600/4941/8 (52 credits)

This qualification is designed for individuals who want to become qualified as a personal trainer, but do NOT already hold the mandatory prerequisite of a suitable Level 2 qualification in Fitness Instructing (Gym). This qualification combines the units of the Level 2 Certificate in Fitness Instructing (Gym) with the Personal Training units.

Who supports the qualification?

Support for the qualification has been provided by the following Professional Body:

- ukactive

To read more about ukactive please visit <http://www.ukactive.com/>