

Purpose Statement

NCFE Level 3 Certificate in Personal Training (500/8526/8)

1. Overview

What does this qualification cover?

This QCF qualification is ideal for those in the exercise and fitness sector who wish to complement their existing skills. Learners must have achieved the NCFE Level 2 Certificate in Fitness Instructing before they enroll on this qualification. The qualification aims to provide learners with the understanding and practical skills needed to work as a Personal Trainer in a variety of settings. This includes understanding health and safety in a fitness environment, customer service, anatomy and physiology, personal training programmes and sessions and nutrition.

The requirement for learners to complete 7 mandatory units ensures they gain an in depth understanding of personal training. Learners will have the opportunity to develop their theoretical knowledge of the subject as well as developing their practical skills.

Learners will develop their understanding of the values and principles which underpin all work in this sector, eg working with clients, health and safety within the fitness sector, team working skills, reflective learning, self-discipline, having a positive and cooperative attitude, self-assessment of strengths and weaknesses, self-improvement and development.

To be awarded the NCFE level 3 Certificate in Personal Training learners are required to successfully complete the 7 mandatory units:

- Know how to support clients who take part in exercise and physical activity (M/600/9015)
- Health, safety and welfare in a fitness environment (T/600/9016)
- Principles of exercise, fitness and health (A/600/9017)
- Anatomy and physiology for exercise and health (A/600/9051)
- Programming personal training with clients (F/600/9052)
- Delivering personal training sessions (J/600/9053)
- Applying the principles of nutrition to a physical activity programme (L/600/9054)

Who could take this qualification or who is this qualification designed for?

The NCFE Level 3 Certificate in Personal Training is an ideal qualification for those in the exercise and fitness sector who wish to complement their existing skills. It's good progression from the NCFE Level 2 Certificate in Fitness Instructing.

This qualification is designed for those who are seeking to develop advanced skills and knowledge in fitness instructing and for those seeking employment in the sector.

Learners should be aged 16 and above to undertake this qualification.

2. What could this qualification lead to?

Will the qualification lead to employment and, if so, in which job role at which level?

The qualification provides learners with a good insight into the skills and knowledge they require, not only for working in this sector, but generic, transferable skills that all employers would welcome. The choice of units offered across level 3 gives learners the opportunity to develop a wide range of skills that employers are seeking.

Will the qualification support progression to further learning, if so, what to?

Learners undertaking this qualification could progress into further education, including the following qualifications:

- Level 3 Certificate in Leisure Management
- Level 3 NVQ Diploma in Leisure Management
- Other Level 3 qualifications in the Health and Fitness Industry
- Level 4 HNC Diploma in Sport
- Level 4 HNC Diploma in Sport and Exercise Sciences

If there are larger and/or smaller versions of this qualification at the same level, why should a learner take this particular one?

The NCFE Certificate builds on the foundation of the Level 2 Certificate in Fitness Instructing and gives learners a comprehensive and thorough knowledge and skill set in Personal Training.

This qualification has been mapped against the relevant SkillsActive Level 3 Standards in Exercise and Fitness National Occupational Standards (NOS). NOS are designed to raise performance in business, industry, and the public sector, which means the potential progression opportunities from this NCFE qualification are occupationally relevant.

Learning opportunities are mapped for the Functional Skills qualifications; this qualification is also designed to improve the development of English and maths skills and the activities learners carry out whilst completing this qualification will help prepare them for Functional Skills assessments.

3. Who supports the qualification?

This qualification is supported by employers from the Fitness and Sport and Recreation industries. For further information please contact NCFE on 0191 239 8000.