

Learner overview

NCFE Level 3 Diploma in Personal Training (603/3491/5)

Qualification content, structure, and outcomes

This qualification provides you with the knowledge, 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, anatomy and physiology, nutrition, marketing and business planning as well as personal training programming and delivering personal training sessions.

The qualification is mapped to the CIMSPA (Chartered Institute for the Management of Sport and Physical Activity) Personal Trainer Professional Standard.

You must have achieved a suitable Level 2 Fitness or Gym Instructing qualification before enrolling onto this qualification.

Once you successfully complete this qualification, you will be able to gain access to practitioner membership of CIMSPA.

The qualification consists of 6 mandatory units:

Unit 01 Applied anatomy and physiology for activity, health and fitness (D/617/1707)

Unit 02 Client motivation and lifestyle management (H/617/1708)

Unit 03 Programming personal training sessions (K/617/1709)

Unit 04 Delivering personal training sessions (D/617/1710)

Unit 05 Nutrition to support a physical activity programme (H/617/1711)

Unit 06 Business acumen for personal trainers (K/617/1712)

The qualification has 295 Guided Learning Hours.

Similar qualifications

We also offer the following similar qualifications:

- NCFE Level 3 Certificate in Personal Training (500/8526/8)
- NCFE Level 3 NVQ Diploma in Personal Training (501/1999/0)

This is a competence-based qualification that is part of the apprenticeship framework. It's a job-ready qualification which requires learners to demonstrate the skills and knowledge required to work in a specific industry. A competence-based qualification must be assessed in the workplace or in a realistic work environment in accordance with the relevant assessment strategy

Other ways you could achieve the same outcome

Similar qualifications are also available through other Awarding Organisations. Please check the Register of Regulated Qualifications (register.ofqual.gov.uk).

You could choose to undertake your training to become a Personal Trainer through an apprenticeship.

Funding will not be available for this qualification so you will need to apply for an Advanced Learner Loan to help with the costs of the course.

How this qualification supports the identified outcome

This qualification supports progression into employment or self-employment as a Personal Trainer. Other potential roles at this level could include:

- Gym Instructor
- Lifeguard
- Membership Sales Consultant
- Leisure Industry Sales Assistant
- Sports Coach
- Nutritionist
- Club or Gym Manager/Owner.

In a range of settings:

- gyms
- leisure centres
- sports clubs
- hotels, resorts or spas
- self-employed or freelance work in a gym or client's home.

Support for this qualification

This qualification is endorsed by CIMSPA.