

Fitness Instructing and Personal Training

The course has been designed to maximise practical hands on experience all underpinned with theory. The assessment methods include:

Coursework/Project
Multiple choice examination
Portfolio of evidence
Practical demonstration/assignment/assessment
The Course will be delivered at GL1 Leisure Centre, Gloucester

The qualification consists of 10 mandatory units which include:

Anatomy and physiology for exercise and health
Know how to support clients who take part in exercise and physical activity
Health, safety and welfare in a fitness environment
Principles of exercise, fitness and health
Planning and instructing gym-based exercise
Applying the principles of nutrition to a physical activity programme
Programming and delivering personal training with clients

This qualification is open to all, and no previous experience or qualifications are required, but some experience of gym-based exercise, including free weights, is highly recommended. This qualification has been developed for:

Individuals wishing to pursue a career in the health and fitness sector as gym-based
Fitness instructors and personal trainers
Individuals considering a career in a gym-based environment such as a health club or leisure centre
Individuals already working in the active leisure sector wishing to enhance their career progression opportunities

You may qualify for an Advanced Learner Loan. These loans help you to pay the fees charged by the training organisation, Gloucestershire College. Most learners aged 19 and over, studying at Level 3 to 6, will qualify for these loans from the UK Government. It's easy to apply, your household income isn't taken into account and there's no credit check.

The fee for your course will be set by Gloucestershire College. They will confirm the cost and the amount that can be covered by a loan before you enrol. Your agreed loan will be paid by Student Finance England and will be paid to your training organisation once they've confirmed you are registered on a course.

If you would like to apply for a place on this course please email: brogan@betaristraining.com with your contact details and she will put you on the list.

Entry Requirements

To be eligible for the course you need to meet the following criteria

Aged 19 or over

Good level of spoken and written English

A resident of the UK/EU for the past 3 years

A good level of physical fitness is necessary

What's Next

Your Options

	Start Date	End Date	Course Level
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