

Propel Training Academy



LEVEL 3

PERSONAL TRAINING COURSE
PROSPECTUS

Welcome Message

Welcome.

By reading this Prospectus, you have taken your first step towards becoming a fully qualified Level 2/3 Personal Trainer.

Our study programmes combine high-level academic learning with commercial practice to instil you with confidence that will enrich your career development and long-term employability.

This course is one of a series of accredited learning programmes that provide excellent teaching experience and teaching resources. We support all students from all backgrounds to be successful, providing any needs necessary.

We are confident you will enjoy and be challenged by this learning programme.



Daniel Hassall



Kelah-Renee Raynor

Why study with us?

This course has been created by experienced outstanding teaching staff with both academic and industry-related experience and qualifications. Unlike many of the teachers on similar courses, we coach real-life clients on a daily basis and therefore understand their needs and the challenges that they offer.

The teaching team have made a long-term investment in fitness and learning and provide pathways to additional learning and development.

We provide an exceptional range of learning resources to help you to achieve success and pass the course. These are not just lectures and slides but practical videos demonstrating exercises with techniques on how to teach them. In addition, there are further videos from experts in the field to provide extra help in understanding the various elements of the course.

You will have personal contact with a tutor who can help you with any parts of the course which you do not understand.

Our Level 2/3 qualification is highly regarded, with approval by the government department for qualifications (Ofqual) and recognition by CIMSPA and REPS. This means that once qualified, you could get a job in any gym in the country.

On completion of the course, you will have guaranteed access to commercial insurance to be purchased at competitive rates.

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Course Overview

The Level 2/3 Personal Training course is an intensive learning programme which by completing, students will be competent in the assessment of client training needs and application of set methods to meet and achieve training goals and fitness ambitions.

It combines both the Level 2 Fitness Instructor and the Level 3 Personal Training qualifications and therefore has no prerequisites in order to be able to enrol on the course.

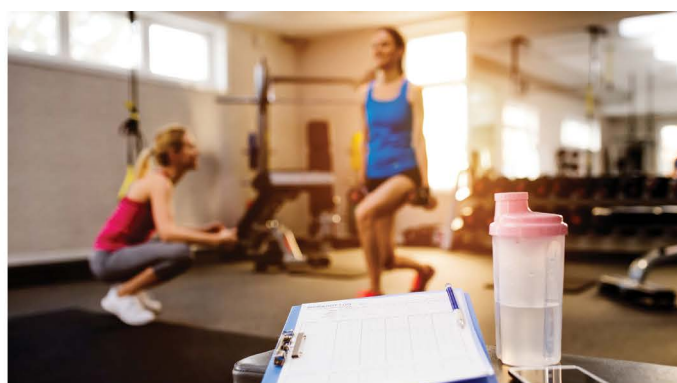
Your learning experience will be enriched by tutors currently practising in the fitness industry.

This course is industry-level appropriate and fit for purpose for those with no previous experience in fitness training and exercise along with those who have an interest in training and want to support both their own training and that of potential clients. It also offers opportunities for those who want to create a new business venture offering physical training services.

The Level 2/3 Course in Personal Training is a commercial-level qualification aimed at developing the knowledge, understanding and technical skills needed for a career as a Personal Trainer, either employed or self-employed. This qualification has been specifically designed for those who are 16 years and older and appropriate for those who have recently left full-time education together with those who have been out of education for an extended period.

The course is founded on national occupational standards for fitness, merging skills and knowledge from personal training and sport rehabilitation, performance training and long-term care of clients.

This qualification is accredited and so highly regarded that on successful completion, students will have guaranteed access to insurance to purchase at competitive rates to enable them to practise professionally.



What does this qualification offer?

On completion the students will have knowledge and understanding with practical application of anatomy, nutrition, professional practice, an understanding of the principles of health and fitness and how to provide one-to-one and group fitness-based sessions.

The knowledge required will enable the student to confidently practise in any commercial, high performance sport setting or establish their own business.

In addition to all qualification-specific delivery, studying with this programme will deliver and develop essential employability skills that are embedded in our programmes. It will enhance employability skills with effective communication, information technology, team-work and deepened industry knowledge that is passed on from tutors and programme leaders currently working and successful in the field.

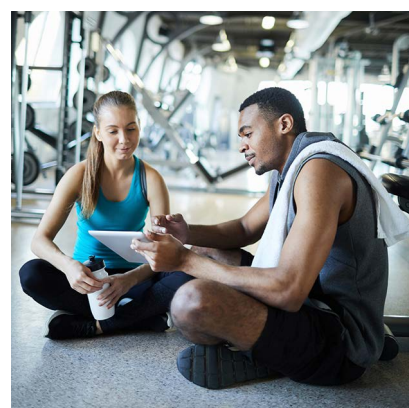


Units & Structure

The structure of the qualification is comprised of SIX units which are all mandatory.

- Functional Anatomy for Training & Performance
- Principles and Fundamentals of Personal Training
- Nutrition for Performance, Health & Fitness
- Programming & Delivering Personal Training
- Fitness in Business
- Reflective Case Study

Each of these six has been formed into an individual assessment booklet which you will complete and submit at the end of the course.



On completion of the course the student will:

- Learn about the legal and professional aspects of personal training
- Learn how to develop their career in terms of setting up as a self-employed personal trainer, managing a personal training business, and through marketing strategies, building it up to be successful
- Gain a thorough knowledge of functional anatomy and its application to personal training
- Learn how to structure, plan and deliver exercise sessions for one-to-one and group training. Design programmes to meet a variety of potential client needs in dynamic settings
- Learn how to design and structure sessions and programmes to specifically target and meet individual client needs and requirements
- Gain a thorough grounding in nutrition particularly as it applies to exercise, elite performance and a healthy lifestyle
- Learn how lifestyle and medical conditions affect a client's health and wellbeing
- Learn how to communicate well with clients and conduct consultations in order to encourage them to adopt a healthy lifestyle

Students will gain a fully recognised Level 2/3 qualification.

They will have guaranteed access to insurance at competitive rates in order to be able to practise professionally.

What could this qualification lead to?

On completion of the course learners will have all the essential tools and knowledge to be successful in a variety of physical training career aspirations – working in a commercial gym or independent personal training studio as a gym instructor and/or personal trainer. Alternatively, setting up as a self-employed personal trainer/coach. Learning does not and should not stop at Level 3. In an employment market where knowledge is outdated every five years, practitioners should look for continued career progression development.

We are committed to the personal and professional enhancement and continued learning journey of our students. We offer a range of continued CPD progression and training to ensure students remain highly employable and equipped to operate confidently in a wide variety of practices and roles.

Our courses are well renowned and respected in the fitness industry where we can offer learners who complete this qualification the opportunity to gain employment and obtain insurance to work as a personal trainer/coach.



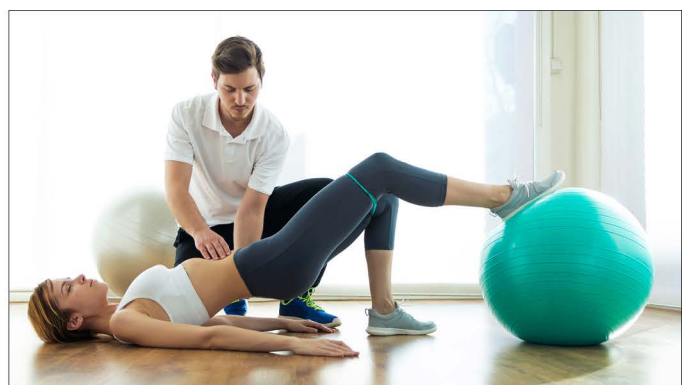
Course Plan, Delivery & Assessment

The course has been designed for you to learn through practical sessions and ongoing assessment booklet completion. However, by doing a total of eight hours a week (including both practical and “theoretical” study), it would be possible to complete the course in ten weeks. The number of hours will depend on your experience and previous qualifications but the course is designed to provide for those with NO experience or previous qualifications.

All course materials are provided, although there are suggested links to websites etc that will provide opportunities to gain extra knowledge and a greater depth of understanding.

Once you have completed the six assessment booklets listed above and have recorded yourself teaching a session with a client, you will submit these for approval. If any of them don’t reach the required standard, they will be returned for you to amend and re-submit.

If you would like further details of course dates, enrolment, price, payment plans, delivery options and whether the course is suitable for you and your circumstances, please get in touch with us using the contact details on the last page.



Equality & Diversity

We welcome everyone and have an open access policy. The nature of the course is such that it contains practical elements but if you have any concerns regarding access and learning, please discuss your needs with us and we will do our best to accommodate those needs.

What a boring world it would be if everyone was the same. We especially want people who think differently.





Qualification Information

This course is delivered by:

Propel Training Academy

in association with Wellbeing Fitness Education Centre.

It is verified by Focus Awards, the Ofqual Regulated Awarding Organisation.

Propel Training Academy

49 Lordship Road

Cheshunt

Waltham Cross

EN7 5DR

Email: Info@propeltrainingacademy.net

Tel: 07707 432 475



Wellbeing Fitness Education Centre

Valhalla House

30 Ashby Road

Towcester

NN12 6PG

Email: headoffice@wellbeingfitness.co.uk

