

## Sport

# Diploma in Gym Instructing and Personal Training

**Campus:** North Notts College - Retford Campus

**Code:** NFESP005

**Level:** 3

### About This Course

The Level 3 Diploma in gym instructing and personal training trains learners to a professionally competent level, enabling them to prescribe, plan and deliver safe but effective exercise programmes, and to develop their skills and knowledge to allow the learner to pursue a career in personal training.

### What Will I Study?

You will study a range of topics, including:

- Anatomy and physiology
- Nutrition
- Exercise, health and fitness
- Lifestyle and medical factors that affect wellbeing
- Analysis of client information using the most accepted techniques
- Assessment of a client's current health and fitness status
- Planning and conducting of physical activity sessions, within a variety of environments using multiple resources

- Client consultations
- Communication skills
- Legal and professional requirements for personal training
- How to set up and manage a personal training business

## Why Study Here?

On this course, you will:

- Learn from industry-experienced and well-qualified tutors who have spent many years in the fitness industry and have specialist qualifications and knowledge to bring to their teaching
- Access the state-of-the-art facilities and equipment
- Take part in cross-campus events
- Acquire new skills and enrichment specific to the fitness industry

## Entry Requirements

GCSE English and maths grade 4 (C) or  
Functional Skills Level 2 in English and maths

## How To Apply

You can apply by using our online application form and clicking the **Apply** button at the top of this page. For more information or support, please contact Student Services by emailing [contact@nnc.ac.uk](mailto:contact@nnc.ac.uk) or by calling **01909 504500**

## What Courses Can I Progress Onto?

## Tuition Fees

16-18 year olds do not need to pay course fees. Those aged 19 or over may not need to pay fees depending on their circumstances.

To find out if you qualify or if you need further advice, please contact the Enquiries Team on : 01909 504500.

### **PLEASE NOTE**

We make every effort to ensure information within our online course directory is accurate and a true representation of the courses we are offering in 2024-25. However, we do reserve the right to make changes if necessary..

**Last updated:** 16th September 2024