

## Sport

### Diploma in Gym Instructing and Personal Training

**Campus:** Dearne Valley College

**Code:** D14AC01

**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 using our online application form and clicking the **Apply Now** button at the top of the page.

## What Courses Can I Progress Onto?

Exercise Referral

## 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.

### 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 2025-26. However, we do reserve the right to make changes if necessary.

**Last updated:** 7th May 2025