

PERSONAL TRAINING

**VTCT LEVEL 3
Diploma**

(Gym Based Exercise)

Entry Requirements: There are no prerequisite qualifications required and entry can be via an interview.

Is this for me?

The VTCT Level 3 Diploma in Personal Training (Gym Based Exercise) is for learners seeking to work in the health and fitness industry as a personal trainer, specialising in gym based exercise. This qualification has been specifically designed for the 16-19 age group and is based on fitness National Occupational Standards (NOS). The qualification is recognised by the Register of Exercise Professionals (REPs) as being fit for purpose for preparing learners for employment/self-employment as a personal trainer.

What will I do?

This qualification includes all the required elements to work effectively and competently as a personal trainer in gym based exercise setting, which includes: anatomy and physiology for exercise and health, principles of exercise health and fitness, know how to support clients who take part in exercise and physical activity, health, safety and welfare in a fitness environment and nutrition for physical activity.

This qualification will also give you 32 UCAS points upon completion.

For more information please contact:
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