

# **Your Guide To Gym Instructing and Personal Training Level 3 Diploma**



# Why Study with learndirect?

**With learndirect, you have the ability to study wherever and whenever you want to. With an entire online platform tailored to your learning.**

- Your learning materials will be available to you from the second you enrol
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With no restrictions on when and how you learn you can focus your time on gaining your qualification and worry less about the stress of traditional learning styles.

learndirect is the UK's leading online course providers. This Level 3 Diploma for the Gym

Instructing and Personal Training Practitioner (RQF) is regulated by the Office of Qualifications and Examinations Regulation (Ofqual). So, you can be confident that the material is relevant and meets the requirements for a practitioner membership of CIMSPA.

By choosing learndirect, you'll stand out from the crowd as one of the most ambitious and dedicated in your field. You will learn how to change lives by designing ambitious workout programmes and providing nutrition coaching tailored to meet your clients' specific needs. Plus, you'll become an expert on human movement, performance training, behaviour change techniques and the business within the fitness industry.

What's more, our flexible payment options now make it possible for you to kickstart your career today with a low deposit and monthly payment plans.



# The UK Fitness Industry

**The UK fitness sector has seen significant growth in recent years, with more people placing an emphasis on their own health and wellbeing. There are over 7.2 thousand health and fitness clubs in the UK, with over 10 million combined members. The UK is a fitness hotspot, only Germany has more health and fitness club members in Europe. Of those health and fitness clubs in the UK, close to half are solely fitness facilities.**

In 2019 alone, the industry hit an all-time high of £5 billion in turnover. With the number of personal trainers rising by 8000 in just 9 years, hitting 23,000 personal trainers employed by UK gyms in 2020.

## Employment in the Industry

To become a fully qualified personal trainer you need to gain a Level 3 qualification which is recognised by CIMSPA. Personal training qualifications are accessible to all, no high-level education attainment is required, and training can be done online regardless of age or experience.

There are roughly 191 thousand people in the UK with an occupation in the sports and fitness sector, of which around 69 thousand are fitness instructors. There are also an estimated 107 thousand people who are employed in the sports and fitness industry as sports coaches, instructors, and officials.

With the industry on the rise, the employment opportunities within the UK's Fitness Industry are never ending. There are so many pathways available once qualified, with the opportunity to specialise in an area to align with your interests. If you wish to expand your career outside of being a PT, specialist areas include, but are not limited to:

- Nutrition
- Obesity
- Pre and Post-natal
- Seniors
- Recovery and Rehabilitation
- Strength and Conditioning
- Yoga
- Pilates
- Mindfulness and Wellbeing
- Sports massage
- Management (Gym Manager)

## Participation

Within England alone, the number of people participating in fitness classes has remained consistently over six million. Latest estimates show that millions were taking part in generic fitness training outside of a class environment. In the UK, some fitness fanatics have turned to apps and online services to keep them in shape.

## Shaping Your Career

With the rise in demand for gym instructors and personal trainers, it is a fantastic time to start your career. Our Gym Instructing and Personal Training Level 3 Diploma is the perfect way to pave your pathway.

You'll be equipped with the technical knowledge and coaching skills necessary to build a successful career as a personal trainer. Whether this is something you have been contemplating for a while or have just started thinking about, our diploma has been created with you at the forefront of the design. Plus, our industry-expert tutors are ready to provide you with elite-level support.



# Gym Instructing and Personal Training Level 3 Diploma

**Undertaking regular exercise can help keep us fit, maintain a healthy weight, keep diseases at bay and improve our mental health. But not everyone knows how to exercise properly or appropriately for their age and ability.**

This course teaches you how to engage, facilitate, educate, and support clients in the gym environment. So, you can help them reach their health, fitness, and wellness goals effectively and safely, and in a way that enables them to sustain their results long-term.

You'll learn how to coach clients, plan, and deliver creative and personalised exercise programmes and instruction. As well as provide tailored nutritional advice. All of which can help the people you assist embrace healthier lifestyle habits.

In addition to this, you'll learn how to safeguard adults and adults at risk in a fitness environment. Exploring what is meant by safeguarding and your related duties and responsibilities surrounding safeguarding as a personal trainer. Allowing you to create a safe fitness environment for your clients.

You'll also learn about business planning in a gym environment. Covering the essentials that enable you to set up your own business, from managing finances to business planning and marketing strategies.

There is no experience or previous qualifications required for enrolment on this course, however, some experience of gym-based exercises would be beneficial. This course is available to all students, of all academic backgrounds.

All we ask is that you are aged 16 or over to enrol on this course.

# What will you learn?

This diploma is broken down into 12 industry-related modules, written by subject experts, making the diploma one of the easiest to follow. You will learn the following:

- **Unit 1:** Anatomy and Physiology for Exercise
- **Unit 2:** Maximising the Customer Experience in the Exercise Environment
- **Unit 3:** Client Consultation and Lifestyle Management
- **Unit 4:** Planning and Delivering Gym-based Exercise Programmes
- **Unit 5:** Cleaning and Maintenance within a Gym Environment
- **Unit 6:** Applied Anatomy and Physiology
- **Unit 7:** Lifestyle Management and Motivation for Personal Training
- **Unit 8:** Consultation, Assessment and Programme Design for Personal Training
- **Unit 9:** Planning and Delivering Personal Training Programmes
- **Unit 10:** Nutrition for Physical Activity
- **Unit 11:** Business Acumen for Personal Trainers
- **Unit 12:** Safeguarding Adults and Adults at risk in a Fitness Environment



## How will you be Assessed?

You will be assessed through a combination of means. This will be the provision of a portfolio of evidence and the completion of a multiple choice examination on topics covered in two of the course units.

## What Qualification will you Receive?

Upon successful completion of this course, you will be awarded the Level 3 Diploma for the Gym Instructing and Personal Training Practitioner (RQF) (Qualification Number: 603/6001/X).

## How Could this Diploma Help to Develop your Career?

This course gives you an excellent starting point to pursue a career in personal training, as well as set up your own business.

You will gain the skills and knowledge to engage, facilitate, educate, and support your own clients in the gym environment.

Plus, the course meets the requirements for you to hold a practitioner membership with CIMSPA, which is the agreed industry prerequisite to become a personal trainer.

This diploma also provides you with transferable knowledge, to complete any desired further study, related courses, and qualifications. Enabling you to further assist a wider range of clients, in a fitness capacity.

# Testimonials

“ I found the course I wanted advertised online so I got in touch, a lovely woman called Kirsty spoke to me about the course. She was very clear and during setting it all up I had a bereavement she was so caring and spoke to me like a real person made the process so easy and really took the weight out of such an important life decision.

“ I have been very happy with the service provided up to now. I have accessed an online training course daily, as many times as I'd like, I have received rapid response and support from my tutor and an easy online exam booking system!

“ Amazing customer service throughout, so helpful and understanding, everything was well explained, the courses look amazing too, definitely a good call!

“ Was given clear advice by James. His patience and reassuring manner encouraged enrolment. Really looking forward to starting something completely different to current employment, something new for me. Due to my dyslexia I have always doubted my ability to progress in life and here I am!

“ Spoke with a very helpful, delightful man to help me enrol on my course and I couldn't be happier, I am so glad to have made the choice to learn with learndirect. They are so supportive, and I am looking forward to Studying my course!



Get started  
today


For more information on how to become a Personal Trainer, which areas are available for you to specialise in or advice on your career in the fitness industry, get in touch with one of our team today and we'd be more than happy to help you.

Our specialist course booking executives are on hand to give you all the advice you would need for this diploma, what you will study, the qualification you will receive and the payment options available.

Our team are available to help you 7 days a week, on **01202 006464**.



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