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## City & Guilds

### 500/8049/0 Level 3 Certificate in Personal Training

#### OVERVIEW

- What does this qualification cover?

The City & Guilds Level 3 Certificate in Personal Training will prepare learners for employment within the personal training profession. This qualification is designed to provide learners with the necessary training to reach a professionally competent level; enabling them to plan and deliver effective and safe exercise programmes while developing skills and knowledge to pursue a career in personal training. This qualification also qualifies learners for the Register of Exercise Professionals (REPS).

The following areas are mandatory within this qualification:

- Anatomy and Physiology for Exercise and Health
- Health, Safety and Welfare in a Fitness Environment
- Principles of Exercise, Fitness and Health
- Know how to Support Clients who Take part in Exercise and Physical Activity
- Applying the Principles of Nutrition as Part of a Personal Training Programme
- Programming Personal Training with Clients
- Delivering Personal Training Sessions

Learners taking the level 3 certificate must complete the mandatory core units which will allow the learner to acquire the necessary underpinning knowledge required within the Sports Industry.

This is a Framework qualification.

- Who could take this qualification? OR who is this qualification designed for?

This qualification is primarily designed for those working as, or wanting to work as, personal trainers in the exercise and fitness industry.

This qualification is suitable for anyone from 16 years old or over. However, it is advisable that candidates when completing the qualification are approaching 18 years of age.

There are no formal entry requirements for candidates undertaking this qualification.

This is the only level 3, knowledge-based qualification of this size available.

### WHAT COULD THIS QUALIFICATION LEAD TO?

- Will the qualification lead to employment, and if so, in which job role at which level?

This qualification could lead to jobs such as:

- Fitness Instructor
- Personal Trainer.

- Will the qualification support progression to further learning, if so, what to?

The learner could progress onto an apprenticeship at Level 2 or 3 or other qualifications such as:

- Level 3 NVQ Diploma in Personal Training
- Level 3 Diploma in Increasing Participation in Sport and Active Leisure in Community Setting
- Level 3 Diploma in Leisure Management

### WHO SUPPORTS THIS QUALIFICATION?

**Professional Bodies:** Rugby Football Union (RFU), Register of Exercise Professionals (REPS)