



PLM Health & Fitness Academy



LEVEL 3
PERSONAL TRAINING COURSE
PROSPECTUS

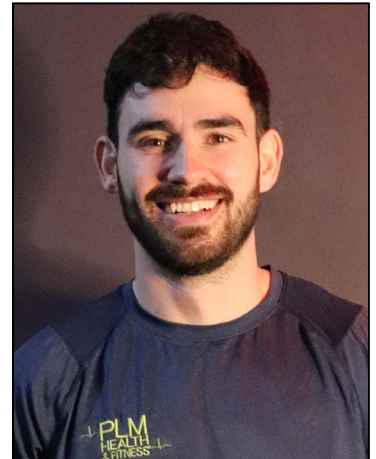
Welcome Message

Welcome. By reading this Prospectus, you have taken your first step towards becoming a fully qualified Level 3 Personal Trainer. Our study programmes bridge high- level academic learning, instilling confidence with commercial practice that will enrich your career development and long-term employability.

We have developed a series of accredited learning programmes that provide excellent teaching experience and teaching resources. We will support all students from all backgrounds to be successful, providing any needs necessary. We have constructed a series of learning programmes that we are confident you will enjoy and be challenged by.



Phil Lawrence Moss



Dale Hudson

Why study with us?

Outstanding industry facilities to learn and develop in.

Experienced outstanding teaching staff with both academic and industry-related experience and qualifications.

Small teaching groups. We could have large class sizes for higher revenue but we are more interested in quality teaching with exclusive access to teaching staff.

We offer a unique one-to-one personal teaching style. Students will have regular one-to-one discussions with teaching staff in order to identify where they are on the current programme and steps needed to ensure successful completion.

Highly regarded qualifications and learning experiences by industry leaders in fitness and learning.

Long-term investment by the teaching team with pathways to additional learning and development.

Guaranteed access to commercial insurance to be purchased at competitive rates.

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Course Overview

The Level 3 Personal Training course is a 40 hour intensive learning programme which by completing, students will be competent in the assessment of client training needs and application of set methods to meet and achieve training goals and fitness ambitions.

You will study in outstanding facilities within a currently successful business setting with your learning experience enriched by tutors currently practising in the fitness industry.

This course is industry-level appropriate and fit for purpose for those with no previous experience in fitness training and exercise along with those who have an interest in training and want to support both their own training and that of potential clients. It also offers opportunities for those who want to create a new business venture offering physical training services.

The Level 3 Course in Personal Training is a commercial-level qualification aimed at developing the knowledge, understanding and technical skills needed for a career as a Personal Trainer, either employed or self-employed. This qualification has been specifically designed for those who are 18 years and older and appropriate for those who have recently left full-time education together with those who have been out of education for an extended period. The course is founded on national occupational standards for fitness, merging skills and knowledge from personal training and sport rehabilitation, performance training and long-term care of clients.

This qualification is accredited and so highly regarded that on successful completion, students will have guaranteed access to insurance to purchase at competitive rates to enable them to practise professionally.

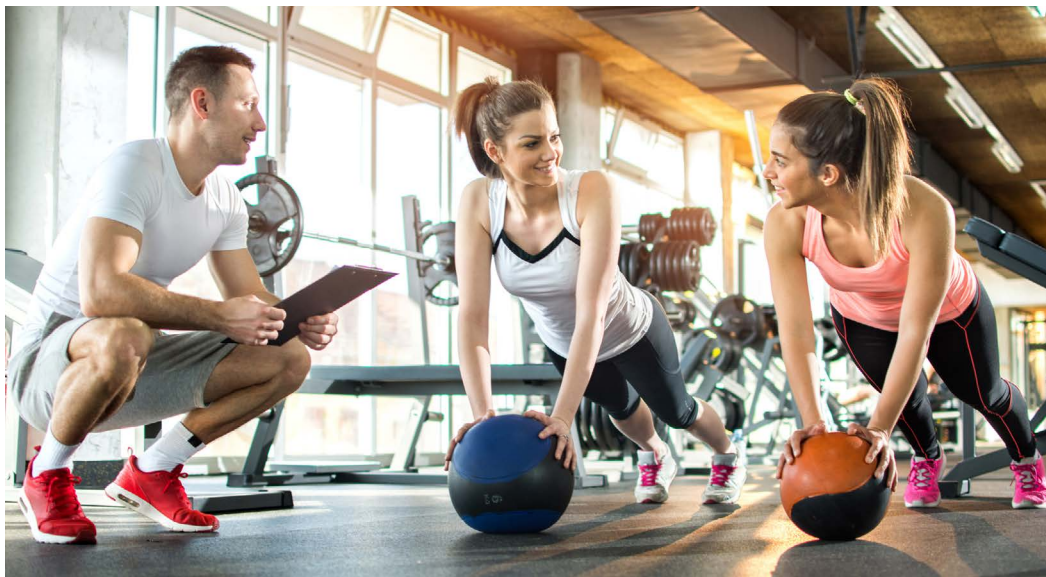


What does this qualification offer?

On completion the students will have knowledge and understanding with practical application of anatomy, nutrition, professional practice, an understanding of the principles of health and fitness and how to provide one-to-one and group fitness-based sessions.

The knowledge required will enable the student to confidently practise in any commercial, high performance sport setting or establish their own business.

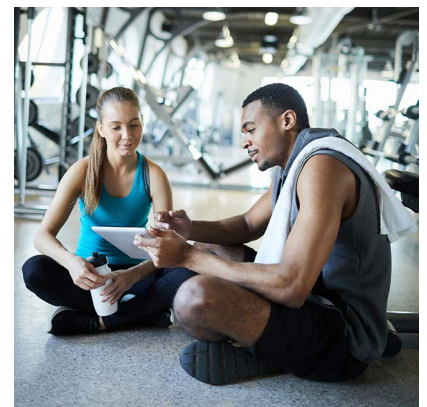
In addition to all qualification-specific delivery, studying with this programme will deliver and develop essential employability skills that are embedded in our programmes. It will enhance employability skills with effective communication, information technology, team work and deepened industry knowledge that is passed on from tutors and programme leaders currently working and successful in the field.



Units & Structure

The structure of the qualification is comprised of SIX units which are all mandatory.

- Functional Anatomy for Training & Performance
- Principles and Fundamentals of Personal Training
- Nutrition for Performance, Health & Fitness
- Programming & Delivering Personal Training
- Fitness in Business
- Reflective Case Study



On completion of the course the student will:

- Learn about the legal and professional aspects of personal training
- Learn how to develop their career in terms of setting up as a self-employed personal trainer, managing a personal training business, and through marketing strategies, building it up to be successful
- Gain a thorough knowledge of functional anatomy and its application to personal training
- Learn how to structure, plan and deliver exercise sessions for one-to-one and group training. Design programmes to meet a variety of potential client needs in dynamic settings
- Learn how to design and structure sessions and programmes to specifically target and meet individual client needs and requirements
- Gain a thorough grounding in nutrition particularly as it applies to exercise, elite performance and a healthy lifestyle
- Learn how lifestyle and medical conditions affect a client's health and wellbeing
- Learn how to communicate well with clients and conduct consultations in order to encourage them to adopt a healthy lifestyle

Students will gain a fully recognised Level 3 qualification.

They will have guaranteed access to insurance at competitive rates in order to be able to practise professionally.

What could this qualification lead to?

On completion of the course learners will have all the essential tools and knowledge to be successful in a variety of physical training career aspirations. Learning does not and should not stop at Level 3. In an employment market where knowledge is outdated every five years, practitioners should look for continued career progression development. We are committed to the personal and professional enhancement and continued learning journey of our students.

We offer a range of continued CPD progression and training to ensure students remain highly employable and equipped to operate confidently in a wide variety of practices and roles.

Our courses are well renowned and respected in industry where we can offer learners who complete this qualification the opportunity to gain employment and obtain insurance to work as a personal trainer.



Course Plan, Delivery & Assessment

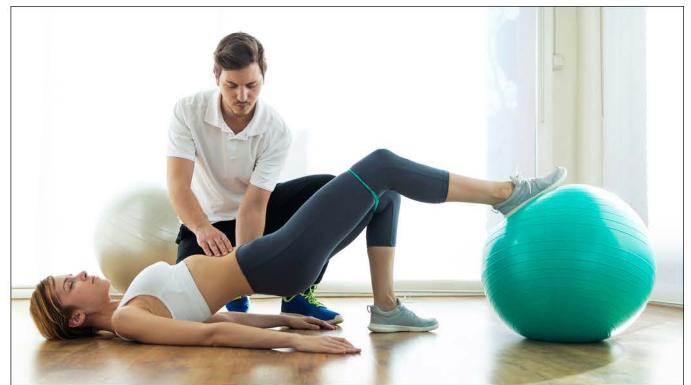
The course is delivered over 40 hours. The sessions will consist of practical assessment and ongoing booklet completion.

Delivery is contact with a tutor and by digital means.

The programme will be re-delivered at numerous times throughout the year. The tutor's scheme of work is made available on enrolment with access to teaching resources. The scheme of work will outline the course, detailing dates, delivery and any breaks to accommodate national holidays and school term breaks.

In addition you will be required to do homework each week: the number of hours homework will depend on your experience and previous qualifications but the course is designed to provide for those with NO experience or previous qualifications. Think of 4 hours of homework a week as a minimum.

All course materials are provided although there are suggested links to websites etc that will provide opportunities to gain extra knowledge and a greater depth of understanding.



Attend to succeed

We advise full 100% attendance to the programme but we understand life happens and we will do our best to accommodate your needs. When enrolling onto the programme you acknowledge the dates and times of expected attendance.



Equality & Diversity

We welcome everyone and have an open access policy. The nature of the course is such that it contains practical elements but if you have any concerns regarding access and learning, please discuss your needs with us and we will do our best to accommodate those needs.

What a boring world it would be if everyone was the same. We especially want people who think differently. We are a small teaching provision, which allows us the space and time to offer tailored learning.



Qualification Information

This course is delivered by:

PLM Health & Fitness Academy

in association with Wellbeing Fitness Education Centre.

It is verified by Focus Awards, the Ofqual Regulated Awarding Organisation.

PLM Health & Fitness

Unit 7 Abbey Works

Back King Street

Whalley

Lancashire

BB7 9SP

Email: academy@plmfitness.com

Tel: 01254 781777

Web: www.plmfitness.com



Wellbeing Fitness Education Centre

Valhalla House

30 Ashby Road

Towcester

NN12 6PG

Email: headoffice@wellbeingfitness.co.uk

