

Advanced Personal Training Diploma

If becoming a personal trainer is your goal and you also have an interest in delivering group exercise sessions, then this course combo is the perfect solution. Not only will you qualify as a Level 3 personal trainer but with the CPDs you'll be able to broaden your offering and attract a wider customer base, through boot camps, circuit classes, small group PT sessions and group studio cycling.

Who is it for?

- Those who are looking to start a career as a personal trainer and have an interest in group exercise
- Ex-forces personnel looking to transfer their skills into the world of personal training
- Sports coaches or PE teachers wishing to add another string to their bow or change job role
- Those looking to take their training outdoors or work away from the gym
- Those who want to be a self-employed personal trainer and earn extra money by offering group classes
- Those who want to be an in-house fitness professional and offer extra hours as a group exercise specialist

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What are the benefits?

- Anatomy and physiology online – so you can get started today!
- Online assessments, webinars, interactive tasks and manuals available to download as soon as you sign up
- Now includes ‘Business Planning’
- Time efficient – learn various group training approaches in just four days!
- Enables you to deliver group training indoors and outdoors
- Increase your earning potential and leverage your time
- Learner materials: Up to date and in line with latest trends in industry

What will I learn?

Level 2 Anatomy and Physiology

- The structure and function of the body (Anatomy and Physiology)
- How the structure and function of the body affect exercise programming

Fitness Instructor

- Essential soft skills, people skills and teaching skills of a fitness instructor
- Conducting basic health screens and basic fitness tests
- Planning exercise programmes
- Warm ups and cool downs
- Cardiovascular training
- Resistance training using gym machines, free weights and body weight
- Basics of core stability

Level 3 Anatomy and Physiology

- Advanced structures and functions of the body (Anatomy and Physiology)
- How the structure and function of the body affect advanced exercise programming

Personal Trainer

- Essential soft skills, people skills and teaching skills of a personal trainer
- Behaviour change and consultation skills
- Conducting fitness assessments
- Planning advanced exercise programmes
- Adapting warm ups and cool downs for different clients
- Advanced cardiovascular training methods
- Advanced resistance training methods
- Advanced flexibility training methods
- Core stability using unstable surfaces

Nutrition for Physical Activity

- Nutritional components of a diet
- Food science
- Metabolism and energy balance
- Nutrition and health
- Psychology of eating
- Basic sports nutrition
- Using food diaries

Business Planning

- Creating your business vision
- Carrying out market research
- Getting the right location
- Sales and marketing
- Legal obligations
- Finance
- Starting up
- Writing your business plan

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Boot Camp and Circuits

- Skills of the boot camp and outdoor training instructor
- Boot camp and outdoor session design and delivery
- Training the components of fitness outdoors
- Effective training with minimal equipment
- Health and safety considerations of exercise outdoors
- Building on advanced training techniques
- Role of group training and circuits in group exercise
- Group training and circuit class structure and design
- Group training and circuit planning
- Group training and circuit instruction

Group Studio Cycling

- Role of group studio cycling in group exercise
- Biomechanics, riding positions, safety and set up
- Planning the class
- Practical teaching
- Music selection

Level and pre-requisites

This is a REPs Level 3 qualification. There are no pre-requisites.

Course duration and delivery

You could expect to complete this qualification in six to 12 months.

Comprises of:

- Level 2 Anatomy and Physiology – home study and online learning
- Fitness Instructor – practical and theory (five days in the classroom and gym) plus home/online study
- Level 3 Anatomy and Physiology – home study and online learning
- Personal Trainer – practical and theory (five days in the classroom and gym) plus home/online study
- Nutrition for Physical Activity – home study
- Business Planning – case study assessment
- Boot Camp and Circuits – two days taught workshop
- Group Studio Cycling – two days taught workshop
- Learner Support – access to tutors via phone, email or paid additional 1:1 tutorials

What qualifications/certificates will I receive?

- ✓ Lifetime Awarding Level 2 Certificate in Fitness Instructing (Gym)
- ✓ Lifetime Awarding Level 3 Certificate in Personal Training
- ✓ Lifetime Business Planning Certificate of Attendance
- ✓ Lifetime Boot Camp and Circuits certificate
- ✓ Lifetime Group Studio Cycling certificate

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How will I be assessed?

- Level 2 Anatomy and Physiology: completion of assessment workbook and one to one knowledge review
- Level 2 Fitness Instructor: practical assessment plus associated paperwork
- Level 2 Core Units: completion of a workbook
- Level 3 Anatomy and Physiology: completion of assessment workbook and one to one knowledge review
- Level 3 Personal Trainer: practical assessment plus associated paperwork and a 12-week case study
- Level 3 Nutrition for Physical Activity: assessment workbook plus a case study
- Level 3 Business Planning: case study
- Boot Camp and Circuits: Assessment will be done on course through a mixture of practical observations and paperwork.
- Group Studio Cycling: Assessment will be done on course through a mixture of practical observations and paperwork.

Register of Exercise Professionals (REPs)

The Diploma will give you entry onto the REPs register at Level 3. You will need to complete CPD training every two years to maintain your status on the register.



Why Lifetime?

- All tutors are of a high standard and have experience as fitness instructors and personal trainers
- Instant access to online learning to enhance your understanding
- Includes customer interaction skills to give you confidence on the gym floor
- Latest information, research and education standards
- Supported by your tutor every step of the way
- Quality, up to date workbooks and reference materials written by experts in the field

Where can I go from here?

Once qualified you can further develop your expertise, grow your client base and start to specialise with continued professional development (CPD) courses such as:

- Advanced Core Stability
- Advanced Fitness Testing
- Ante and Post Natal Specialist
- Extreme Kettlebell Instructor
- Functional Resistance Training
- Older Adults Specialist
- Olympic Weightlifting Instructor
- Sports-specific Training
- Specialist Biomechanics Coaching Diploma

To find out which route would best suit you, visit www.lifetimetraining.co.uk/training-courses

