

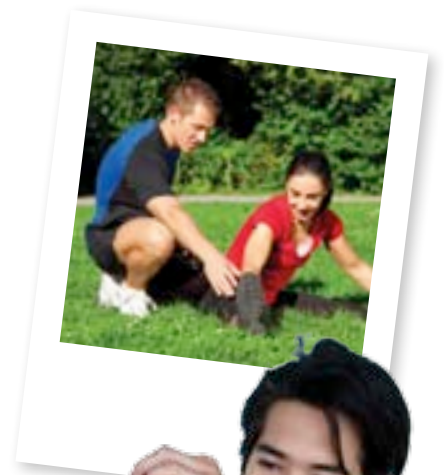
Personal Training Diploma

If becoming a personal trainer is your goal and being up there with the best is your aspiration, then this Personal Training and Business Planning Diploma will not only qualify you as a personal trainer, but will also give you the business, marketing and customer interaction skills needed to be an all-round success! The Diploma is an official qualification, recognised by the Qualifications and Credits Framework (QCF).

Written and delivered by subject-matter experts and experienced personal trainers, this Diploma will ensure you are armed with all the skills, knowledge, resources and expertise you need, from the basics of fitness instructing to advanced prescription and training, from nutritional advice to business planning, to work as a self-employed or in-house personal trainer.

Plus once you've signed up, you'll have instant access to our online learning portal including supportive information and materials, learning resources for anatomy and physiology and mock assessments. Soon after, you'll receive your workbooks and before you know it you'll be in the gym with your tutors mastering the art of personal training.

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Who is it for?

- Those who are looking to start a career as a personal trainer
- Post-university sports science or sports studies graduates who need a fitness qualification
- Ex-forces personnel looking to transfer their skills into the world of personal training
- Physiotherapists
- Sports coaches or PE teachers wishing to add another string to their bow or change job role

What are the benefits?

- A diploma that is officially recognised by the Qualifications and Credits Framework (QCF)
- 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’
- Latest information, research and education standards

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 method
- Core stability using unstable surfaces

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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

Level and pre-requisites

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

Why Lifetime?

- A diploma that is officially recognised by the Qualifications and Credits Framework (QCF)
- All tutors are of a high standard and have experience as personal trainers
- Instant access to online learning to enhance your understanding
- Includes business planning, marketing and customer interaction skills
- 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

Course duration and delivery

- You could expect to complete this qualification in 6 to 12 months
- **Level 2 Anatomy and Physiology:** home study and online learning
- **Fitness Instructor:** practical and theory learned through mixture of four 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 learned through mixture of four days in the classroom and gym, plus home/online study
- **Nutrition:** home study, multiple choice exam and case study
- **Business Planning:** case study assessment
- **Learner support:** access to tutors via phone, email or paid additional 1:1 tutorials.

What qualifications/certificates will I receive?

- ✔ LAO Level 3 Diploma in Personal Training and Business Planning (QCF)
- ✔ Lifetime Awarding Level 2 Certificate in Fitness Instructing (Gym)

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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 unless you have recognised previous learning
- **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

Register of exercise professionals (REPs)

This 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.



What will I be qualified to do?

Work as a self-employed or employed personal trainer inside or outside of a gym, or as a fitness instructor in a gym environment if desired.

Where can I go from here?

Once qualified – how great will that feel? – you can further develop your expertise, grow your client base and start to specialise.

- Advanced PT Toolkit
- Group Exercise Specialist
- Ante and Post Natal Specialist
- Older Adults Specialist
- iMoveFreely Instructor
- Specialist Biomechanics Coaching Diploma

Visit www.lifetimetraining.co.uk/trainingcourses to find out more.

