

Personal Training

Introduction

A vocationally related qualification (VRQ), at Level 3 on the National Qualifications Framework. This qualification allows access on to the Register of Exercise Professionals (REPs) at Level 3.

Entry requirements

Candidates must hold a Level 2 qualification in Fitness Instructing (Gym/ETM) or equivalent. If using the ETM qualification, there must be clear evidence that the candidate has appropriate underpinning knowledge of free weights and resistance machines.

The course requires physical exertion and individual participation is essential, and a degree of physical fitness is necessary.

There is an element of communication (discussing, presenting, reading and writing) and application of number involved, and candidates should have basic skills in communication and application of number pitched at Levels 3 and 2 respectively.

Qualification structure

Unit 1 – Health, Fitness and Lifestyle Analysis (R/501/4830)

Unit 2 – Advanced Exercise and Fitness Knowledge (J/500/6059)

Unit 3 – Advanced Resistance Training (F/500/6061)

Unit 4 – Advanced Cardiovascular Training (A/500/6060)

Unit 5 – Nutrition and Weight Management Advice (Y/501/4831)

Unit 6 – Plan, Market and Sell Personal Training Services (K/103/5917).

Assessment

Internally assessed:

Formatively assessed direct observation of candidate carrying out minimum range of tests
Case study worksheet
Portfolio of evidence covering a twelve week progressive programme of exercise for a client
Practical observed assessment
Nutrition case study consisting of short answer questions
Worksheet.

Externally assessed:

Unit 2

A 105 minute theory paper consisting of fifty multiple choice questions.

Unit 5

A 75 minute theory paper consisting of thirty multiple choice questions.

Contact Gryphon Training

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REPs points: 20