

Personal Fitness Trainer

Level 3 Award/Diploma



DESCRIPTION

By reviewing and then expanding their knowledge, therapists will be expected to assess the wants and needs of their clients, test present fitness levels and design programmes which are tailored to each individual. Evaluation, re-testing and progression will form an integral part of the course. Providing a comprehensive service, the therapist will be a motivator, nutrition advisor, lifestyle consultant and instructor.

CONTENT

- Review of anatomy, kinesiology & exercise physiology
- Exercise prescription
- Qualities of the personal fitness trainer
- The benefits of having a personal trainer
- Psychology of fitness & the client
- Writing training programmes
- Physical fitness
- Motivational techniques
- Motor fitness
- Sport-related fitness
- Sales & marketing
- Remedial fitness
- Contracts with the client
- Sports injuries & rehabilitation
- Business plans
- One-to-one training
- Client care
- Appraisal, screening, testing & evaluation of health & fitness

Course Length

200.00 hours

Duration of Access

With online study you have access to your entire course from the start of your studies. You can access your course materials, and submit all of your question papers to your personal tutor, online from anywhere in the World using your unique student account.

Instructor

With this course you will have unlimited access to your own personal tutor who specialises in their field of study. It is your personal tutor's role to ensure that you receive constructive feedback and to deal with any queries you may have. You are more than welcome to telephone, fax or email your personal tutor.

You will also have access to a dedicated and friendly team of administrators and course advisors who offer sound and professional guidance and advice when you need it. This ensures that you will **never** feel neglected and that you will **always** succeed!

Prerequisites/Audience

There is no experience or previous qualifications required for enrolment on this course. It is available to all students, of all academic backgrounds.

Requirements/Materials Included

Assessment Method

After each lesson there will be a question paper, which needs to be completed and submitted to your personal tutor for marking. This method of continual assessment ensures that your personal tutor can consistently monitor your progress and provide you with assistance throughout the duration of the course.

What's Included

- All study materials
- Study Guide
- Full Tutor and Admin support
- The course fee **includes** the ASET registration and certification fee (valued at up to £30.00).

Delivery Method

Online

Certification

On completion of your course, you will receive two qualifications:

Qualification 1: Personal Fitness Trainer Diploma

Personal Fitness Trainer Diploma issued by Stonebridge Associated Colleges, entitling you to use the letters SAC Dip after your name.

Qualification 2: Level 3 Personal Fitness Trainer Award

At the end of this course successful learners will also receive a level 3 NCFE Award certificate of achievement. That means that it is independently accredited at a level of learning equivalent to level 3 on the National Qualifications Framework (NQF) for England, Wales and Northern Ireland (in which case GCSE's are at levels 1 and 2 and A Levels are at level 3).

This award has been designed by Stonebridge Associated Colleges to meet specific learners' or employers' requirements. Accreditation by NCFE is a guarantee of quality. It means that this learning programme has been scrutinised and approved by an independent panel of experienced educational professionals and is quality audited biannually by NCFE.

Cost: US\$696.00