

# NCFE CERTIFICATE IN PERSONAL TRAINING LEVEL 3

## OVERVIEW

This course is aimed at Fitness Instructors who wish to further enhance their knowledge and gain their qualification in Personal Training. This is an industry requirement to practice as a Personal Trainer and developing a career in this field.

This course is made up of 8 units:

Anatomy and physiology for exercise and health

Know how to support clients who take part in exercise and physical activity

Health, safety and welfare in a fitness environment

Principles of exercise, fitness and health

Applying the principles of nutrition to a physical activity programme

Programming personal training with clients

Delivering personal training sessions

Improving your business skills

## ENTRY REQUIREMENTS

Students require to have successfully completed the level 2 Fitness Instructor Course

## ASSESSMENT

This course will be assessed through the delivery of Personal Training sessions with real life clients ensuring that you have the skills and qualities to carry out effective fitness sessions.

## PROFESSIONAL OPPORTUNITIES

[www.stc.ac.uk](http://www.stc.ac.uk)

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On completion of the Certificate in Personal Training, you will be able to practice as a Personal Trainer.

## **DATES & FEES**

Contact us for current course dates and fees.

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