

Personal Trainer YMCA Level 3

Edinburgh College

Venues

Granton Campus

Content

The aim of this course is to recognise the skills, knowledge and competence required for an individual to work unsupervised as a personal trainer. This includes being able to offer one-to-one training, baseline assessment, nutritional advice and progressive programming which is specific to the individual needs of a client. If you are currently accredited at Register of Exercise Professionals (REPs) Level 2 with a qualification in Fitness Instruction or Gym Based Exercise, then this course is the next step for you.

Start Date

August

Qualification

Other

Study Method

Part time (day)

Course Length

1 year

Department

Sport and Fitness

Entry Requirements

You must have an REPs Level 2 qualification in Fitness Instructor or Gym Based Exercise. Interview.

SCQF Level

6

Progression Routes

Relevant Awards at Level 3

Website

