

Personal Training (Diploma) Level 3

Dundee and Angus College

Venues

Gardyne Campus

Content

The aim of this qualification is to develop learners with existing knowledge & skills in gym instruction who would like to pursue a career in personal training.

It covers:

Knowledge of anatomy and physiology for personal training; Lifestyle and medical factors that affect wellbeing; Effective communication skills for client consultations to encourage healthy lifestyle behaviours and strategies for change; Skills to plan and conduct physical activity sessions with different types of clients in a variety of environments with a range of resources; Legal and professional requirements for personal training.

How to set up and manage a personal training business on a self-employed basis; How to manage, evaluate and improve own performance.

Start Date

Flexible

Qualification

Other

Study Method

Distance and Flexible learning
Part time (work based)

Course Length

Flexible

Department

Sport and Fitness

Entry Requirements

We must register candidates with Active IQ before the start date so please book as soon as possible. Candidates should have a suitable Level 2 qualification in Gym Instructing.

The tutor will require evidence of this. The course requires a degree of exercise so physical fitness is necessary. There is an element of communication (discussing, presenting, reading and writing) and application of number involved, & learners

should have basic skills in communication and application of number pitched at levels 3 and 2 respectively.

SCQF Level

6

SCQF Points

«SCQFPoints»

Progression Routes

Self Employment

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

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