

Personal Training (AIQ) Level 3 Diploma

Glasgow Kelvin College

Venues

Springburn Campus

Content

The Diploma in Personal Training (Level 3) at Glasgow Kelvin College is a nationally accredited qualification designed for those who want to build a successful career as a personal trainer.

Building on your existing gym instruction experience, you'll develop advanced knowledge in anatomy, physiology, nutrition, client consultation, programme design, and business management. You'll learn how to plan, deliver, and evaluate safe, effective, and engaging personal training sessions that help clients achieve real, lasting results.

The course also covers lifestyle and behaviour change, allowing you to support clients in developing sustainable fitness habits. With a strong focus on professionalism and business acumen, you'll be equipped to work independently, within gyms, or as part of a fitness team.

Start Date

January

Qualification

Other

Study Method

Full time

Course Length

18 weeks

Department

Sport, Fitness and Adventure Sports

Entry Requirements

Gym Instructing (AIQ) Level 2 Certificate, or other relevant national qualifications at SCQF Level 5.

SCQF Level

6

SCQF Points

«SCQFPoints»

Progression Routes

Many learners progress to the HNC/HND in Fitness, Health & Exercise at Glasgow Kelvin College, where they can develop advanced coaching, programming, and sports science knowledge.

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

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