

## Sport

# Diploma in Gym Instructing and Personal Training

**Campus:** North Notts College - Worksop Campus

**Code:** W14SP05

**Level:** 3

## About This Course

The Level 3 Diploma in gym instructing and personal training trains learners to a professionally competent level, enabling them to prescribe, plan and deliver safe but effective exercise programmes, and to develop their skills and knowledge to allow the learner to pursue a career in personal training.

## What Will I Study?

You will study a range of topics, including:

- Anatomy and physiology
- Nutrition
- Exercise, health and fitness
- Lifestyle and medical factors that affect wellbeing
- Analysis of client information using the most accepted techniques
- Assessment of a client's current health and fitness status

- Planning and conducting of physical activity sessions, within a variety of environments using multiple resources
- Client consultations
- Communication skills
- Legal and professional requirements for personal training
- How to set up and manage a personal training business

## Why Study Here?

On this course, you will:

- Learn from industry-experienced and well-qualified tutors who have spent many years in the fitness industry and have specialist qualifications and knowledge to bring to their teaching
- Access the state-of-the-art facilities and equipment
- Take part in cross-campus events
- Acquire new skills and enrichment specific to the fitness industry

## Entry Requirements

- GCSE English and Maths grade 4 (C)
- Functional Skills Level 2 in English and Maths.

## How To Apply

You can apply by using our online application form and clicking the **Apply** button at the top of this page. For more information or support, please contact Student Services by emailing [contact@nnc.ac.uk](mailto:contact@nnc.ac.uk) [mailto:contact@nnc.ac.uk] or by calling **01909 504500**

## What Courses Can I Progress Onto?

Exercise Referral

### Tuition Fees

- 16-18 year olds do not need to pay course fees.
- Those aged 19 or over may not need to pay fees depending on their circumstances. Find out if you qualify for help with your fees. [<https://www.nnc.ac.uk/information/student-support/finance/course-fees/>]

If you need further advice or guidance please contact the Enquiries Team on **01909 504500**.

#### PLEASE NOTE

We make every effort to ensure information within our online course directory is accurate and a true representation of the courses we are offering in 2024-25. However, we do reserve the right to make changes if necessary.

**Last updated:** 14th March 2025