

Diploma Gym Instructing and Personal Training



Course Overview

This new and exciting combined qualification is aimed at those fitness enthusiasts who wish to work as professionals within the health and fitness sector. The course will enable you to complete your Level 2 Fitness Instructor Certificate and then top this up to the Level 3 in Gym Instructing and Personal Training.

This course will equip you with the skills and knowledge to work with individuals and groups of clients in a personal training setting. Successful achievement of the qualification will allow you to gain employment in the fitness industry, or alternatively work in a self-employed environment. Confidence, excellent communication skills and 'practicing what you preach' are essential qualities. This qualification will provide you with all the necessary skills to have a rewarding and successful career as a Personal Trainer.

Based in our state of the art fitness suite and teaching facilities, the course is a blend of classroom-based activities, gym/studio practical sessions and home learning. You will be assigned a personal tutor who will guide and support you throughout the course.

What You Will Study

During the qualification you will cover the following:

- Anatomy and physiology, functional kinesiology and concepts and components of fitness.
- Nutrition for 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 using the most accepted methods and providing strategies for successful behaviour change.
- Communication skills to effectively build successful relationships with their clients and other health care professionals.
- Legal and professional requirements for personal training.
- How to set up and manage a personal training business on a self-employed basis if they wish to.
- How to manage, evaluate and improve own performance.

START DATE

September 2026 &
January 2027

LEVEL

Level 3

DURATION

20 weeks

STUDY MODE

Part-time

LOCATION

Selby College

AWARDING BODY

Active IQ



For further information about this course, including Entry Requirements, Assessments and Further Study, scan the QR code.

Need More Information?

For additional course information please contact the Course Information Team on **01924 789111** or email **courseinfo@heartofyorkshire.ac.uk**.

To learn more about Selby College, our facilities and how we can support you please visit our website **www.heartofyorkshire.ac.uk**.

Quick Links



How to
Apply



Student
Support



Virtual
Tours

Attendance Expectations

One evening per week (6.00pm-9.00pm).

How You Will Be Assessed

- Coursework/Project
- Multiple Choice Examination
- Portfolio of Evidence
- Practical Demonstration/Assignment

Entry Requirements

Learners aged 19+.

Some experience of gym-based exercises, including free weights, is highly recommended.

The course requires physical exertion, and individual participation is essential; therefore, a degree of physical fitness is necessary.

Fee Information

£2,225.

Further Study

This qualification provides progression onto:

- Active IQ Level 4 Certificate in Advanced Personal Training
- Active IQ Level 3 Diploma in Exercise Referral
- Active IQ Level 3 Award in Supporting Pre and Postnatal Clients with Exercise and Nutrition
- Active IQ Level 3 Award in Designing Exercise Programmes for Older Adults
- Active IQ Level 3 Award in Designing Exercise Programmes for Disabled Clients
- Active IQ Level 3 Diploma in Instructing Pilates Matwork
- Active IQ Level 3 Diploma in Teaching Yoga
- Active IQ Level 4 Certificate in Strength and Conditioning