

Diploma Personal Training



Course Overview

The Active IQ Level 3 Diploma in Personal Training is aimed at Gym instructors wishing to pursue a career in the health and fitness sector as personal trainers or individuals, who already hold a gym instructor qualification, wishing to become self-employed running their own personal training business. This qualification will further develop your existing knowledge and skills in gym instruction, to enable you to pursue a career in personal training. We will also develop your key industry relevant skills such as setting up your own business, effective communication for client consultations and managing your own performance.

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.

There will also be an element of online study.

What You Will Study

- Applied anatomy and physiology for exercise, health and fitness
- The principles of nutrition and their application to exercise and health
- Understanding lifestyle, health, wellbeing and common medical conditions
- Encouraging positive health and fitness behaviours in clients
- Programme design and delivery for personal training
- Professionalism and business acumen for personal trainers

Attendance Expectations

One evening per week.

How You Will Be Assessed

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

Entry Requirements

- A suitable Level 2 qualification in Gym Instructing
- The course requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary
- There is an element of communication (discussing, presenting, reading and writing)

START DATE

September 2026 &
January 2027

LEVEL

Level 3

STUDY MODE

Part-time

DURATION

20 weeks

AWARDING BODY

Active IQ

LOCATION

Selby College



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**

and Maths involved, so learners should have basic skills in communication and Maths

Fee Information

£811.

Further Study

This qualification provides progression onto:

- Active IQ Level 3 Diploma in Instructing Pilates Matwork
- Active IQ Level 3 Diploma in Teaching Yoga
- Level 4 special populations-related qualifications
- Advanced Apprenticeship in Exercise and Fitness

Alternatively, learners may broaden their knowledge and skills by progressing onto qualifications mapping to additional branches of the Level 3 Standards, such as Exercise Referral and Leisure Management.

The qualification will provide knowledge and practical skills to enhance provision alongside other academic courses such as: National Diploma in Sports Studies, A Level PE and HND in Sport and Leisure.