



Fitness Instructing & Personal Training

Overview

This course includes all the required elements to prescribe, plan and deliver safe and effective exercise programmes.

You will develop a knowledge of anatomy, physiology and concepts & components of fitness assessments, and analyse client's current fitness and health status. Alongside fitness, you will learn the essential nutritional advice.

By the end of the programme, you will have been prepared for future employment as a Personal Trainer or Fitness Instructor, with the ability to work in a gym or choose to be self-employed.

Level 3 Diploma

10-12 weeks

Active IQ

Online Learning Available

Did you know we have a range of courses to build on this qualification?

Progression

You will be qualified to work as a Personal Trainer or Fitness Instructor, or choose to build on your qualification by studying specialist areas.

Entry Requirements

This course combines Level 2 and Level 3 so no experience is necessary. You must be 19+ to apply for an Advanced Learner Loan to fund this course.



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Find Out More

If you are interested in finding out more, contact us today:
www.b-skill.com/contact/