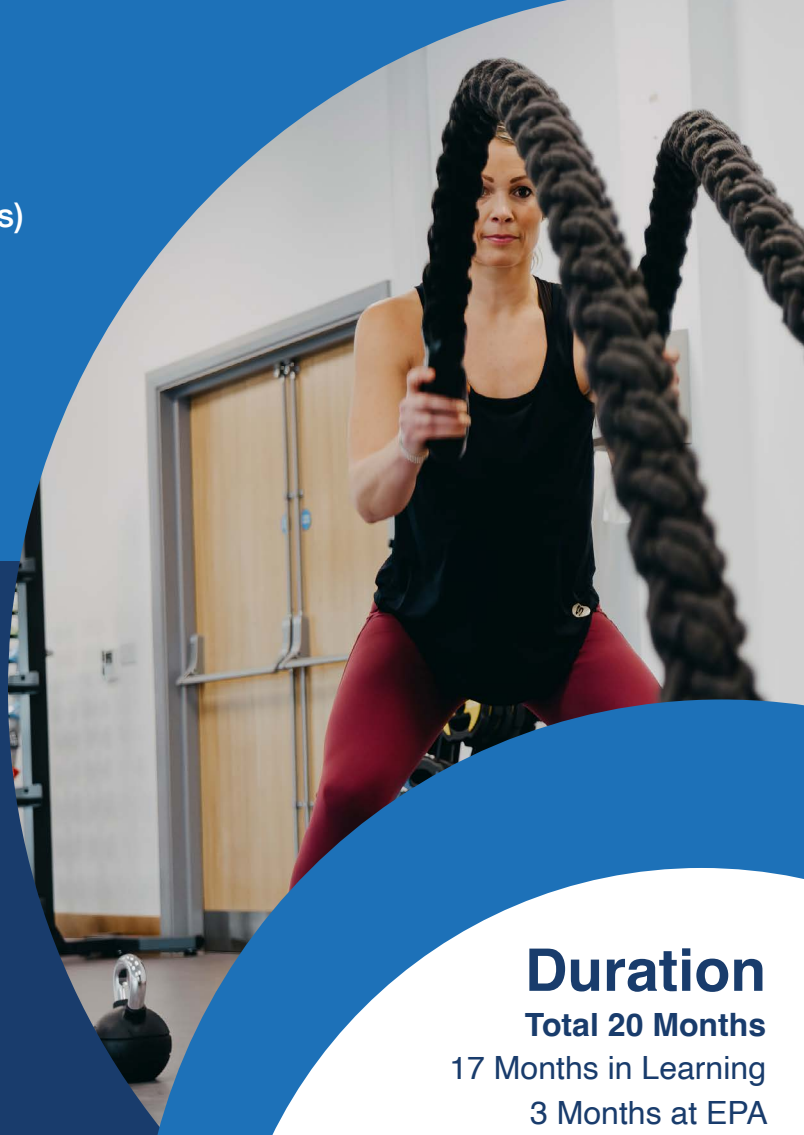
L3 Personal Trainer

The role of a Personal Trainer is to guide clients (on a one to one or small group basis) towards achieving their health, fitness and wellness goals. They offer the design and provision of tailored exercise programmes and instruction, nutritional advice, motivational support and overall lifestyle management.

A comprehensive understanding of business, finance, sales and marketing is also essential to enable the Personal Trainer to build and retain a stable client base.



Key Development Areas

- **Exercise Programme Design & Delivery:** Develop personalised exercise programmes by assessing health conditions, promoting wellness, and adapting to clients' needs while ensuring safety and effectiveness.
- **Anatomy, Physiology & Lifestyle Management:** Understand human movement and physiological systems to assess client's wellness and know how to implement effective strategies for client behaviour change and motivation.
- **Exercise Technique & Nutrition:** Implement advanced fitness training techniques and nutrition principles, ensuring correct exercise performance, personalised adaptations, and promoting healthy dietary choices for client success.
- **Business Acumen & IT:** Use IT systems and technological tools to monitor data and enhance client exercise programmes. Develop and implement effective marketing strategies and business plans to grow a personal training client base, ensuring sustainability and performance review.

Duration

Total 20 Months

17 Months in Learning

3 Months at EPA

(End Point Assessment)

EPA

Practical Observation with Q&A

Presentation with Q&A

Interview

Ofsted Good Provider

Email us to get started

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