

Are you considering a career as a Personal Trainer?

Level 3 Diploma in Personal Training

Delivered in association with Future Fit Ltd

- ✓ A comprehensive CIMSPA and REPS approved Level 3 Diploma in Personal Training delivered in association with the UK Active Training Provider of the Year 2016 & 2017
- ✓ Training is delivered by blended learning, with 18 days gym based training and assessment, enabling study to also be undertaken around your current work commitments
- ✓ Attendees will be assessed on their training through the use of of real life participants, ensuring they are better prepared for work in the industry on completion
- ✓ Guaranteed Interview scheme on completion with leading gyms and health clubs around the UK and Platinum Career Accelerator Package providing a range of useful tools and advice services for those considering self employment

Who is the course for?



- ✓ Service leavers planning for a career as a Fitness Instructor or anyone wishing to work as a Personal Trainer.
- ✓ The comprehensive package of training units will ensure that CTP attendees are well prepared and competent for employment as a Personal Trainer, or to start up their own business as a multi-skilled fitness professional.
- ✓ Attendees should have a reasonable level of physical fitness and a strong interest in health, fitness and wellbeing. No prior qualifications are required though writing and numeracy skills are required for presentation of course work.

Course Structure

Pre course study— Anatomy and Physiology	E Learning—up to 56 hrs
Practical Training Workshops Gym Instructor Workshop and Anatomy & Physiology Assessment (3 days) Circuit Training Workshop (1 day) Core Training Workshop (1 day)	Portsmouth 5 days
Preparation for Gym Instructor Assessment L3 Advanced Anatomy & Physiology	Private Study & E Learning 4 weeks
Practical Training Workshops Gym Instructor Assessment with real life candidate (1 day) L3 Advanced Anatomy & Physiology Exam Nutrition & Weight Management (3 days) Personal Training practical study (5 days) including L3 Exercise Programming & Coaching	Portsmouth 9 days
Practical work with real life candidate Develop portfolio of evidence for L3 Diploma in Personal Training	Private Study 4 weeks
Functional Equipment Training Workshop Suspension Training Practical Assessment and Workshop Training L3 Personal Trainer Assessment with real life candidate	Portsmouth 2 days Up to 2days at Portsmouth or other agreed location
E-Learning Modules: Exercise for Fat Loss; Advanced Resistance Training; Behaviour Change Coaching; Building your Fitness Business	Can be completed during or after course

What support will I receive?

- ◆ Use of online Student Zone and full Tutor support during e learning periods and preparation for assessments.
- ◆ For e learning modules, students will be given a specific plan to ensure they stay on track with learning
- ◆ Access to a range of e learning modules for one year, on completion of the main course
- ◆ Platinum Career Accelerator Package with business start up advice and services
- ◆ Guaranteed Interview Scheme—attendees are automatically registered for this on successful completion of the course



Further Study

This course provides the Service leaver with REPs and CIMSPA CPD points. Once you have completed the Level 3 Diploma in Personal Training you can go on to do a range of additional specialist courses. There are many varied routes open to you once you have qualified. Business management skills are very useful for those seeking employment in the PT world as the vast majority of opportunities are on a self-employed basis. CTP deliver a number of excellent business related courses which will help and these include:

- ◆ Accounting in a Small Business
- ◆ Marketing and Selling
- ◆ First Aid at Work Level 3

Employment Opportunities

- ◆ Level 3 Personal Trainer is seen as the entry route into the industry and Employers are increasingly looking for their Personal Trainers to be highly skilled beyond basic personal training
- ◆ All CTP graduates will have access to a Guaranteed Interview Scheme for any vacancies which arise in your area through a number of leading UK gyms.
- ◆ CTP Work attachment opportunities through Nuffield Health to give you workplace experience
- ◆ Service leavers may wish to consider setting up as an independent Personal Trainer delivering direct to your own clients. Future Fit provide business start up support through online training and a Platinum Career Accelerator Package, included as part of your training course.
- ◆ You may wish to consider a career as a fitness professional on board cruise ships or in holiday destinations. Opportunities exist in health clubs and sports centres, working full or part time around your other commitments.
- ◆ The CTP RightJob website has a number of Personal Trainer opportunities advertised



Course Fees and How to Fund

The course is Non-Contract Funded and therefore Service leavers are required to fund the course before attendance.



Course Cost:	£2545.92
Exam Fees:	£102.00
Total Cost	£2647.92

Enhanced Learning Credits can be used as part payment for this course. For advice on funding please speak to your Service Resettlement Advisor. The cost of the course is to be **paid direct** to the Course Booking & Information Centre in advance as soon as possible after course booking or your place maybe re-allocated. Payment is to be made by credit/debit card over the phone.

To book your place on this course, contact us today
01252 954007 | CourseBookings@ctp.org.uk