

## Statement of Declared Purpose

<b>Awarding organisation name</b>	Active IQ
<b>Title of regulated qualification</b>	Active IQ Level 3 Extended Diploma in Personal Training
<b>Qualification level</b>	Level 3
<b>Qualification accreditation number</b>	603/4113/0
<b>Qualification type</b>	Vocationally related qualification

### Qualification overview

The Active IQ Level 3 Extended Diploma in Personal Training will train learners to a professionally competent level, enabling them to prescribe, plan and deliver safe and effective exercise programmes developing their skills and knowledge to pursue a career in personal training and develop a successful and sustainable personal training business.

### Who could do this qualification?

Learners must be 16+ years old and some experience of gym-based exercises, including free weights, is highly recommended. While there are no other specific entry requirements, an element of communication (discussing, presenting, reading and writing) is involved, and learners entering the programme should have basic skills in communication pitched at Level 2. The course requires physical exertion, and individual participation is essential; therefore, a degree of physical fitness is necessary.

The qualification has been designed for:

- Individuals who wish to work and/or seek employment as a personal trainer.

## What does the qualification cover?

During the qualification, learners 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 well-being.
- Analysis of client information using the most accepted techniques.
- Assessment of a client's current health and fitness status.
- Planning and conducting of exercise and physical activity sessions, both one-to-one and with groups, within a range of environments and 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 healthcare professionals.
- How to use technology to support clients with their health and exercise goals.
- 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 their own performance.
- Nutrition for sport and exercise performance.

## Qualification structure

To achieve the qualification, learners must complete the 12 mandatory units.

Unit	Accreditation number	Level
1. Principles of anatomy, physiology and fitness	A/616/7499	2
2. Professionalism and customer care for fitness instructors	K/616/7501	2
3. Health and safety in the fitness environment	M/616/7502	2
4. Conducting client consultations to support positive behaviour change	A/616/7504	2
5. Planning and instructing gym-based exercise	F/616/7505	2
6. Applied anatomy and physiology for exercise, health and fitness	F/615/4012	3
7. The principles of nutrition and their application to exercise and health	J/615/4013	3
8. Understanding lifestyle, health, wellbeing and common medical conditions	R/615/4015	3
9. Delivering client consultations and health and fitness assessments	L/617/3999	3
10. Personal training for individuals and groups in a range of environments	M/617/4000	3
11. Professionalism and business acumen for personal trainers	D/615/4020	3
12. Nutrition for sport and exercise performance	T/508/4367	3

## What could this qualification lead to?

Successful achievement of this qualification will provide entry to the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) as a Practitioner (exercise and fitness). Launched in 2011, CIMSPA is the professional development body for the UK's sport and physical activity sector. CIMSPA was awarded chartered status by the Privy Council, which came into effect at the start of January 2012. CIMSPA provides leadership, support and empowerment for professionals working in sport and physical activity and a single unified voice for the sector.

To read more about CIMSPA, please visit <https://www.cimspa.co.uk>.

This accredited achievement is valued and recognised by employers and can assist learners to increase/enhance their career opportunities, progression and earning potential.

Learners will be able to progress to the following job role:

- Personal trainer.

## Will the qualification support progression to further learning, and, if so, what?

The qualification is designed to offer entry to employment; however, learners can also progress onto the following qualifications:

- Active IQ Level 4 Certificate in Advanced Personal Training
- Active IQ Level 3 Diploma in Exercise Referral.
- Active IQ Level 4 Certificate in Strength and Conditioning.
- Level 3 and level 4 special populations-related qualifications.
- Other level 3 and 4 technical qualifications in related subjects.

## Is this qualification available as an apprenticeship?

This qualification is not available in an apprenticeship framework. You should take this qualification if you want to enter the health and fitness sector as a personal trainer in an employed environment. Once in employment you could then progress to the Advanced Exercise and Fitness Apprenticeship to demonstrate occupational competence in personal training over time in the workplace.

## Is this qualification eligible for an Advanced Learner Loan?

Yes, this qualification is available within the Advanced Learner Loan catalogue, information on which can be found by following the link below:

<https://www.gov.uk/government/publications/advanced-learner-loans-qualifications-catalogue>

## Similar qualifications

**Active IQ Level 3 Diploma in Personal Training for Health, Fitness and Performance**, accreditation number: 601/9003/6. Learners should choose this qualification if they are in full-time education and considering completing a combined offer with another Tech Level, Applied General and/or A level, for example.

**Active IQ Level 3 Extended Diploma in Personal Training for Health, Fitness and Performance**, accreditation number: 601/9002/4. Learners should choose this qualification if they are considering completing a full two-year education programme, after which their intention is to go straight into employment or onto a higher education programme.

## Who supports the qualification?

Support for the qualification has been provided by the following professional body:

- The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

To read more about CIMSPA, please visit <http://www.cimspa.co.uk/>