

## Statement of Declared Purpose

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| <b>Awarding organisation name</b>         | Active IQ  |
| <b>Title of regulated qualification</b>   | Active IQ Level 3 Diploma in Gym Instructing and Personal Training |
| <b>Qualification level</b>                | Level 3  |
| <b>Qualification accreditation number</b> | 603/2693/1   |
| <b>Qualification type</b>                 | Vocationally Related Qualification                                 |

### Qualification overview

The Active IQ Level 3 Diploma in Gym Instructing and Personal Training will develop learners' knowledge and skills in gym instruction and personal training, to enable them to pursue a career in personal training. This qualification will provide a combination of knowledge and skills to prescribe, plan and deliver safe and effective exercise programmes and personal training sessions to a range of clients.

### Who could do this qualification?

Learners must be 16+ years old.

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:

- Knowledge of anatomy and physiology that is applicable to gym instructing and personal training.
- Principles of exercise, fitness and health.
- Health and safety in a fitness environment.
- Customer care.
- Nutrition for exercise, health and fitness.
- Lifestyle and medical factors that affect wellbeing.
- Effective communication skills for client consultations to encourage healthy lifestyle behaviours and strategies for change.

- The skills needed to plan and conduct physical activity sessions with different types of client in a variety of environments and with a range of resources.
- Legal and professional requirements for personal training.
- How to set up and manage a personal training business on a self-employed basis if desired.
- How to manage, evaluate and improve their own performance.
- How to use technology to support clients and manage a personal training business.

## Qualification structure

To achieve the qualification learners must complete the eleven mandatory units.

| Unit  | 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. Encouraging positive health and fitness behaviours in clients            | Y/615/4016                | 3     |
| 10. Programme design and delivery for personal training                     | H/615/4018                | 3     |
| 11. Professionalism and business acumen for personal trainers               | D/615/4020                | 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 beginning 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 roles:

- 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 and apprenticeship framework:

- Level 3 Diploma in Exercise Referral.
- Level 3 NVQ Diploma in Personal Training.
- Active IQ Level 3 Diploma in Instructing Pilates Matwork.
- Active IQ Level 3 Diploma in Teaching Yoga.
- Level 3 Diploma in Sports Massage Therapy.
- Level 4 Certificate in Advanced Fitness Instructing.
- Level 4 Certificate in Strength and Conditioning.
- Advanced Apprenticeship in Exercise and Fitness.

## 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

The Diploma in Gym Instructing and Personal Training is a redevelopment of Active IQ's existing qualifications and replaces the following:

- **Active IQ Level 3 Certificate in Personal Training**, accreditation number: 500/8820/8.
- **Active IQ Level 3 Diploma in Personal Training and Business Skills for Fitness Professionals**, accreditation number: 600/9744/9.
- **Active IQ Level 3 Diploma in Fitness Instructing and Personal Training**, accreditation number: 600/4941/8.

**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/>