



EXERCISE & FITNESS

Level 3, Apprenticeship Framework

ELIGIBILITY/ENTRY REQUIREMENTS

- Aged 16+ years.
- GCSE grades 4-9 in English and maths.
- Passion and enthusiasm for working with a range of people in a variety of settings.

The Advanced Level Apprenticeship in Exercise and Fitness (Personal Training) is designed for those who already work in the Health and Fitness Industry and wish to gain new knowledge and skills to continue their professional development as well as those who wish to enter the sector in a supervisory / managerial role.

The Health and Fitness Industry is a large and important component of the active leisure, learning and well-being sector. This apprenticeship will give you the necessary knowledge and skills to be able to cater for a variety of needs ranging from older adults to athletes and people wishing to train for a specific sporting activity.

APPRENTICESHIP REQUIREMENTS

Prepare and deliver training programmes for adults on an individual basis, be able to cater for a variety of needs ranging from older adults to athletes and people wishing to train for a specific sporting activity.



TYPICAL JOB ROLES IN THIS AREA INCLUDE:

Personal Trainer, Senior Fitness Instructor.

PROGRESSION ROUTE:

On completion of this programme, apprentices can progress into full-time employment in a variety of roles, ranging from Personal Trainer to working GP referral. They can also progress onto a variety of vocational qualifications allowing them to specialise further, such as Ante and Post-natal exercise or dealing with older adults.

KEY FACTS:

Delivery location	Workplace / Altrincham.
Typical duration	16 months.
Study mode/frequency	Block learning supported with monthly one-to-one workplace visits.
Apprenticeship Standard	Upon completion the apprentice will receive: <ul style="list-style-type: none">• NVQ L3 in Personal Training• L3 Cert in Personal Training or L3 Diploma in Health & Fitness• L3 Employment Awareness
Knowledge and skills	<ul style="list-style-type: none">• L3 Anatomy & Physiology• Principles of designing, managing and adapting physical activity as part of a personal training programme
Competency/skills or behaviours	<ul style="list-style-type: none">• Delivering exercise and physical activity as part of a personal training programme• Applying the principles of nutrition to support clients' goals as part of an exercise and physical activity programme• Motivate clients to maintain long term adherence to exercise and physical activity
Functional Skills	Functional Skills will be required for English and maths at Level 2 if you have not already attained an equivalent qualification.
Assessment	The programme is assessed by on-going workplace visits which include observation, questioning and reflective accounts. You will also be assessed via an externally-set multiple choice question paper.

For further information contact **START** on **0161 886 7461** or email **start@tcg.ac.uk**
Stockport, Trafford, Apprenticeship, Recruitment Team



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