

Sport

Fitness and Personal Training Level 3 Full-time

In Brief

Start Date / Duration

This course will start in September 2025 and will be completed in two years.

Entry Requirements

Five GCSEs at grade 4 or above including GCSE English **Or** Level 2 in Sport with a Merit/Distinction profile plus English at grade 4 or above.

You will achieve

BTEC Level 3 Extended Diploma in Sports, Fitness and Personal Training validated by Pearson.

You may gain extra qualifications in:

- AIQ Level 1 Fitness Instructor
- AIQ Level 3 Sport Massage

Course Overview

Become a gym instructor! Learn to plan and deliver fun, safe training sessions and improve your job prospects. Perfect for future Personal Trainers or Sports Therapists.

Course highlights:

- Fitness Skills Development
- Fitness Testing
- Health & Wellbeing in Sport
- Nutrition for Performance
- Business in Personal Training

- Sports Massage

Kickstart your fitness career now!

Course Content

How will I be assessed?

Assessment will occur continually throughout the programme. You will have unit assignments to complete and will be assessed on your practical ability. You will also have time-constrained assignments, as well as oral presentations. Each individual unit and the full award are graded at Pass, Merit or Distinction.

What Equipment Will I Need?

All Sport students will be expected to wear a Barnsley Sports Academy (BSA) hooded top* and polo shirt*, along with dark tracksuit bottoms and sports trainers. During practical sessions, kit will consist of a Barnsley Sports Academy t-shirt*, dark shorts and sports trainers. Non-regulation clothing/footwear is not permitted. Students will also require ring-binders, writing materials, paper/stationery and core textbooks.

Barnsley Sports Academy clothing marked with an asterisk (*) can be purchased from the Sports Centre Reception.

Where will I study?

Honeywell Sports campus
Honeywell Lane
Barnsley
S75 1BP

What can I do next?

This qualification is designed to enable candidates to progress employment within the personal training, sport therapy or other sports industry related roles. The qualification is also the perfect way to progress into Higher Education in related degree subjects.

See what careers are available in the Sport [<https://www.barnsley.ac.uk/app/uploads/2023/10/Sport-careers-2023-24.pdf>] sector. Use our online careers tool, Career Coach [<https://barnsley.lightcastcc.com/?radius=®ion=Barnsley>] , to find out what your next steps could be.

How much does the course cost?

Full-time Barnsley College students aged 16-18 years old do not have to pay tuition fees.

16 – 18 year olds

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Financial support

You may be eligible for assistance with expenses such as travel, books, equipment and childcare. For further information please contact the Student Services Team on 01226 216 267.

Extra information

Contact the Information Unit

For further information please contact our friendly Information Team on +44 (0)1226 216 123 or email info@barnsley.ac.uk [<mailto:info@barnsley.ac.uk>]

Want to join Barnsley Sports Academy and Honeywell Sports Village?

Barnsley College has a range of sports opportunities for all students to take part in, gain professional training and compete nationally and internationally. We also have a state-of-the-art fitness village, Honeywell Sports Village [<https://www.barnsley.ac.uk/shops-services/honeywell-sports-village/>] where students can make use of our fitness suite, spinning studio and classes for competitive rates. You don't have to be studying sport to get involved in the Sports Academy [<https://www.barnsley.ac.uk/barnsley-sports-academy/>].

Additional Learning Support

Our Additional Learning Support team can provide you with the support you need. Call 01226 216 769 for further information.

Disclaimer

Please note we reserve the right to change details without notice. We apologise for any inconvenience this may cause.

Last updated: 30th September 2024

Want to apply?

Visit <https://www.barnsley.ac.uk/apply> to get started

Call us on **01226 216 123**