

# Sport

## Gym Instructing and Personal Training Level 3 Part-time

### In Brief

#### Start Date / Duration

This course will start on Tuesday 24 September 2024. Dates and times to be confirmed.

#### Entry Requirements

- Some experience of gym-based exercises, including free weights, is highly recommended.
- The course requires physical exertion, and individual participation is essential; therefore, a degree of physical fitness is necessary.
- Learners are expected to instruct others and produce a written portfolio, therefore, you should have good communication skills pitched at level 2
- Aged 19 and over

#### You will achieve

Level 3 Diploma in Gym Instructing and Personal Training

### Course Overview

If you are keen on health and fitness and you would enjoy working with a variety of different people, this job could be ideal for you. Personal trainers help their clients achieve their personal health and fitness goals. This qualification will allow you to immediately apply for work or set up on your own as a personal trainer.

### Course Content

The course will be delivered through both theoretical and practical workshops. A variety of flexible delivery strategies will be used to accommodate individual learning styles. You are also required to study at home. Barnsley College offers this highly popular and comprehensive course, ideal for those wishing to pursue a career in the health and fitness sector. The qualification will also provide some initial guidance should you wish to become self-employed and look to run your own fitness

training business.

You will study the following units:

- Principles of anatomy, physiology and fitness (level 2)
- Professionalism and customer care for fitness instructors (level 2)
- Health and safety in the fitness environment (level 2)
- Conducting client consultations to support positive behaviour change (level 2)
- Planning and instructing gym-based exercise (level 2)
- Applied anatomy and physiology for exercise, health and fitness (level 3)
- The principles of nutrition and their application to exercise and health (level 3)
- Understanding lifestyle, health, wellbeing and common medical conditions (level 3)
- Encouraging positive health and fitness behaviours in clients (level 3)
- Programme design and delivery for personal training (level 3)
- Professionalism and business acumen for personal trainers (level 3)

## How will I be assessed?

The course will be predominantly delivered through face-to-face practical and theoretical workshops, however, a significant amount of learning is home study. It is advantageous that you have access to a gym where you can practice your learning. This is a highly desired professional qualification and you will be expected to adhere to industry standards. The course assesses both theoretical and practical knowledge and understanding through observations, assignments, case studies and theoretical exams.

## What Equipment Will I Need?

As a student within the Department of Sport and Public Services you will be expected to wear appropriate sports/fitness clothing at all times. Jeans and non-regulation tops are not allowed. You will also require all necessary writing materials and paper/stationery.

## Where will I study?

Honeywell Sports campus  
Honeywell Lane  
Barnsley  
S75 1BP

## What can I do next?

## How much does the course cost?

This course costs £1900. You can apply for an Advanced Learner Loan to cover the cost of this course. Please see the drop-down option below for more details. There is no other funding available for this course.

## Extra information

### Advanced Learner Loans

This course may be eligible for an Advanced Learner Loan. Contact our friendly Information Team on +44 (0)1226 216 123 or email [info@barnsley.ac.uk](mailto:info@barnsley.ac.uk) [mailto:info@barnsley.ac.uk] . about eligibility and how to apply. You can also visit the Advanced Learner Loan [<https://www.barnsley.ac.uk/courses/paying-for-your-course/advanced-learner-loans/>] page.

## Full Fee Payable

If the course is listed as full fee payable, you will have to pay for the course.

## 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) [mailto:info@barnsley.ac.uk]

## Want to join Barnsley Sports Academy and the 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/our-departments/sport/sports-academy/>] .

## Additional Learning Support

Our Additional Learning Support team can provide you with the support you need. Please contact them on +44 (0)1226 216 769.

## Disclaimer

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

**Last updated:** 1st March 2024

### Want to apply?

Visit <https://www.barnsley.ac.uk/apply> to get started  
Call us on **01226 216 123**