

PERSONAL TRAINER LEVEL 3



The Personal Trainer coaches clients (on a one to one and small group basis) towards their health and fitness goals through the design of creative and personalised exercise programmes and instruction, nutritional advice and guidance on overall lifestyle management.

TRAINING BENEFITS

On completion of this 12 month standard apprentices will demonstrate industry leading professional practice, providing specialist tailored advice and guidance that is within their scope of practice and will motivate clients to positively change their behaviour and improve their overall wellbeing. They will develop a comprehensive understanding of the business, finance, sales and marketing required to build and retain a stable client base. The apprenticeship standards “knowledge, skills and behaviours” are developed over the course of the programme via scheduled learning interventions with employer mentors and Lifetime regional trainers. Learning activities and coaching sessions are aligned to support the learner to learn, practice and prepare for End Point Assessment.

ASSESSMENT

Regular evaluation sessions with managers and trainers will include performance observations, Q&A sessions and a series of professional discussions. To prepare for a final assessment apprentices will be asked to complete a number of activities in-between visits.

WHAT'S COVERED?

- Professional practice and personal development: Apprentices understand the limitations and boundaries of their role, knowing when to work with specialists from other professions. They will continually reflect on their own performance to evolve their professional practice and develop mastery of the knowledge, skills and behaviours within the standard.
- Client consultations: Apprentices will understand the factors and processes involved in consulting with clients and know how to use collected information to design fitness programmes that are appropriate to the clients' needs and wants.
- Lifestyle management and client motivation: Apprentices will learn about the factors that influence a healthy lifestyle and explore the ways they can support clients to adopt and maintain a healthier active lifestyle and understand the relationship between lifestyle and health.
- Fitness testing and programme design: Apprentices will learn how to administer appropriate lifestyle and fitness assessments and interpret the results using accepted criteria, or where appropriate, 'norm' ranges. They will develop the skills to create a client profile, to assist in the design of a safe and effective programme tailored to the specific needs and goals of the individual.
- Applied anatomy and physiology: Apprentices learn how the muscular, cardio-respiratory, skeletal, muscular, nervous, endocrine and energy systems work together to enable movement. Apprentices will understand the effect that physical activity and exercise has on these systems and how they influence our health, fitness and performance.
- Delivering personal training sessions: Apprentices will learn the latest fitness training methods and techniques and how to deliver these to clients through engaging, motivational training sessions. They will learn how to analyse clients' performance and apply suitable adaptations, regressions, progressions and corrective strategies to ensure continued success.
- Nutrition for physical activity: Apprentices will learn the principles of nutrition to support client goals as part of an exercise and physical activity programme. Apprentices will be able to offer nutritional strategies to clients with a range of health and fitness goals within their scope of practice.
- Long term exercise programming: Apprentices will learn how to develop long term progressive training programmes for their clients. They will develop the skills to continuously monitor and review the effectiveness of training programmes to ensure it is engaging, varied and progressive to clients' needs and

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goals, whilst following the principles of training and exercise science.

- Functional training: Apprentices will learn the principles of functional training and be able to instruct a range of training techniques and methods to develop movement patterns to improve everyday function and sports specific performance.
- Training in alternative environments and small groups: Apprentices will learn how to design and deliver sessions in environments other than the gym and not specifically designed for exercise. They will learn how to adapt the design and delivery of sessions for the use with small groups, whilst still managing individual needs and client safety at all times.
- Business acumen for personal trainers: Apprentices will learn the principles of setting up and running a personal training business from the creation of a business plan. Apprentices will learn the how to gain and retain clients and successfully grow their client base to achieve individual and organisational goals.

END POINT ASSESSMENT

Apprentices access End Point Assessment following a gateway discussion with their employer and Regional Trainer where entry requirements are discussed, checked and recorded including functional skills at the required level. The Personal Trainer End Point Assessment will include the following types of assessment:

- Practical observation with questions and answers
- Presentation with questions answers
- Interview



GET IN TOUCH

0333 0143 669



Lifetime Training
Clifton Heights
Bristol BS8 1EJ

t: 0870 120 7773

w: lifetimetraining.co.uk

