



CITY AND ISLINGTON  
COLLEGE

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Westminster  
Kingsway College

The College of  
Haringey, Enfield  
and North East London



Capital  
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College  
Training

# Personal Training Practitioner - Level 3 YMCA Diploma

This course will equip you with a deeper knowledge of personal training, designed to make you versatile and adaptable to the workplace. You will gain practical and applicable skills that you can use immediately when working with clients, learning about anatomy, physiology, applied training and nutrition. This course runs 1 day per week for approximately 37 weeks.

## WHAT WILL I STUDY?

Topics covered will include:

- Applied anatomy and physiology
- Promoting wellness through client motivation
- Business accumen for a successful personal training practice
- Nutrition to support physical activity
- Bespoke exercise programme design
- Customised exercise programme techniques and communication techniques

## WHAT WILL I NEED?

You will need:

- A relevant Level 2 qualification (Gym Instructing or Fitness Instructing) from a CIMPSA-regulated awarding body (eg. YMCA, Active IQ etc)

All applicants must have an initial assessment and interview to confirm that the course is suitable for them.

## HOW WILL I BE ASSESSED?

You will be assessed in a variety of ways, including completing learner assessment records (LAR's) and practical assessments.

## WHAT WILL IT COST?

**Start Date:** 4 September 2024

**Duration:** 37

**Attendance:** Full Time

**Location:** Enfield Centre



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If you will be aged 19 to 23 prior to the start date of your course, and do not already have a full Level 3 qualification, you may be eligible for a Level 3 entitlement, in which case your study with us will be free. If you are older, or already have a Level 3, we have many other Level 3 courses that are also [free](#) to study. Otherwise, you will have to pay the fees yourself or apply for an [Advanced Learner Loan](#).

Please see [here](#) for the documents you will need to show us.

Some courses will have other associated costs, such as for specialist materials and trips. Many of our students are eligible for financial support, see [here](#) for details.

You will be required to wear sport-relating clothing and footwear.

## WHAT CAN I DO AFTER?

On successful completion of the course, you can create your own personal training/fitness business, progress to further study, an apprenticeship or other gym/personal training based employment.

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