

Qualification Specification

Focus Awards Level 3 Certificate in Personal Training (RQF)

601/4709/X



Silicon House, Farfield Park Manvers, Rotherham S63 5DB

T: 0333 3447 388 E: info@focusawards.org.uk

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Qualification Details

QRN: 601/4709/X

Credit: 36

GLH: 245

TQT: 360

Qualification Purpose

The Focus Awards Level 3 Certificate in Personal Training (RQF) aims to provide the learner with the skills, knowledge and competence required for an individual to work unsupervised as a personal trainer. This includes being able to offer one-to-one training, baseline assessment, nutritional advice and progressive programming which is specific to the individual needs of a client.

- To provide learners with the knowledge of anatomy and physiology, functional kinesiology and concepts and components of fitness
- To provide learners with the knowledge and skills to successfully gather and analyse client information using the most accepted techniques
- To provide learners with the knowledge and skills to assess a client's current health and fitness status
- To provide learners with the knowledge and skills to be able to plan and conduct a physical activity session, within a variety of environments using multiple resources
- To provide learners with the knowledge and skills to perform a client consultation using the most accepted methods and providing strategies for successful behaviour change
- To provide learners with the knowledge and skills to be able to communicate effectively to build successful relationships with their clients and other health care professionals
- To provide learners with the knowledge and skills to be able to manage, evaluate and improve own performance
- To provide learners with the knowledge to be able to offer nutritional advice for physical activity based on clients' needs

Learner Entry Requirements

Prior to enrolling on the Level 3 Certificate in Personal Training, learners must have the necessary underpinning knowledge at level 2. Therefore, learners must have already achieved a Level 2 Certificate in Fitness Instructing in Gym, or equivalent.

The course requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary.

There is an element of communication (discussing, presenting, reading and writing) and application of number involved, and learners should have basic skills in communication and application of number at levels 3 and 2 respectively

Age Ranges

Entry is at the discretion of the centre; however learners should be 16 and over to undertake the qualification.

Geographical Coverage

This qualification has been accredited for use in England and Northern Ireland.

Reasonable Adjustments and Special Considerations

Please refer to the Focus Awards 'Reasonable Adjustments and Special Considerations Policy.

Assessment Methods

The Focus Awards Level 3 Certificate in Personal Training is internally assessed. Each learner is required to create a portfolio of evidence which demonstrates achievement of all the learning outcomes and assessment criteria associated with each unit.

The main pieces of evidence for the portfolio could include;

- Assessor observation – completed observational checklists on related action plans
- Witness Testimony
- Learner product
- Worksheets
- Assignments/projects/reports
- Record of oral and written questioning
- Learner and peer reports
- Recognition of prior learning (RPL)

Evidence may be drawn from actual or simulated situations where appropriate.

Progression Routes

Learners wishing to progress from this qualification can undertake the following qualifications:

- Level 3 Certificate in Fitness Management
- Any other Level 3 qualification in the Health and Fitness Industry
- Level 3 NVQ in Instructing Physical Exercise and Nutrition
- Level 4 Higher Professional Diploma in Sport and Recreation Management
- Level 4 HNC Diploma in Sport (RQF)
- Level 4 Certificate In Exercise And Nutritional Interventions For Obesity And Diabetes
- Level 4 Certificate In Exercise For The Management Of Low Back Pain
- Level 5 HND Diploma in Sport and Exercise Sciences (RQF)

Useful websites and supporting materials

- www.focusawards.org.uk/supportingmaterials
- <https://focusexerciseprofessionals.uk/>

Qualification Structure/Rules of Combination

Learners must achieve **all seven of the following mandatory units** to achieve a total credit of **36**.

Unit Title	Unit Ref	Level	GLH	Credit
Unit 1 - Anatomy and physiology for exercise and health	A/600/9051	3	43	6
Unit 2 - Applying the principles of nutrition to a physical activity	L/600/9054	3	40	6
Unit 3 - Programming Personal Training with Clients	F/600/9052	3	47	7
Unit 4 - Delivering Personal Training sessions	J/600/9053	3	58	9
Principles of exercise, fitness and health	A/600/9017	2	28	4
Know how to support clients who take part in exercise and physical activity	M/600/9015	2	13	2
Health, safety and welfare in a fitness environment	T/600/9016	2	16	2

Requirements for Tutors

Tutors delivering the qualification will be required to hold or be working towards a teaching qualification. This may include qualifications such as the Levels 3, 4 or 5 in Education and Training, or a Certificate in Education. Focus Awards will however; consider other teaching qualifications upon submission. Tutors must also be able to demonstrate that they are occupationally competent within the sector area.

Requirements for assessors:

Assessors will be required to hold, or be working towards a relevant assessing qualification. This may include qualifications such as the Level 3 Certificate in Assessing Vocational Achievement, or the Level 3 Award in Assessing Competence in the Work Environment. Focus Awards will however; consider other relevant assessing qualifications upon submission. Trainee assessors who do not hold

an assessment qualification will require their decisions to be countersigned by a suitably qualified assessor. Assessors must also be able to show they are occupationally competent within the sector area.

Requirements for Internal Quality Assurers (IQA):

Internal Quality Assurers should hold or be working towards the following an IQA qualification. This may include qualifications such as the V1 (previously D34), or the Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice. Focus Awards will however; consider other relevant IQA qualifications upon submission. Trainee IQAs who do not hold an IQA qualification will require their decisions to be countersigned by a suitably qualified IQA. IQAs must be able to demonstrate occupational competence.