

## Purpose Statement

### Name of regulated qualification

**QAN: 601/7215/0**

**Title: BTEC Level 3 National Diploma in Fitness Services (720 GLH)**

### Overview

#### *The sport sector*

The sport industry contributed £20.3 billion to the national economy in 2010, which was 1.9 per cent of the total. It is one of the top 15 industry sectors in England, employing over 400,000 people and offering many career openings in a range of areas, including fitness training, coaching, teaching and sports science.

The Professional Body for the sector is the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). All industry professionals are encouraged to become members.

The fitness services sector is growing, with 13.2 per cent of the UK population (8.3 million members) registered as members of health and fitness clubs, or publicly-owned fitness facilities, and in 2014 there were 6,112 fitness facilities within the UK.

#### *Who is this qualification for?*

The Pearson BTEC Level 3 National Diploma in Fitness Services is intended as a Tech Level, equivalent in size to 2 A levels. It has been designed as part of a two-year programme, normally in conjunction with one or more qualifications at level 3. It is aimed at students looking to progress to employment in this sector, and whose aspirations would also be supported by taking complementary qualifications alongside.

No prior study of the sector is needed, but students should normally have a range of achievement at level 2, in GCSEs or equivalent qualifications. This qualification is for students wishing to progress to roles in the fitness industry and is accepted and supported by the Register of Exercise Professionals (REPs).

#### *What does the qualification cover?*

This qualification has been developed in consultation with employers and professional bodies to confirm that it is appropriate for those interested in working in the sector. The content provides the knowledge, understanding and skills that underpin job roles in the fitness industry.

Everyone taking this qualification will study seven mandatory units:

- Anatomy and Physiology
- Fitness Training and Programming for Health, Sport and Well-being
- Professional Development in the Sports Industry
- Application of Fitness Testing
- Self-employment in the Sport Industry
- Instructing Gym-based Exercise
- Exercise and Circuit Based Physical Activity

Students will also choose three option units, which have been designed to support progression to relevant occupational areas. They cover content areas such as:

- instructing exercise to music
- instructing water-based exercise
- work experience.

All students taking this qualification will be required to engage with sector employers as part of their course. This could be through work experience, or being assessed for relevant units in the gyms or fitness centres by expert assessors.

### **What could this qualification lead to?**

#### ***Will the qualification lead to employment, and if so, in which job role at which level?***

REPS have confirmed that on successful completion of the qualification direct entry will be permitted for learners to go into the industry in roles such as:

- fitness instructor
- gym instructor
- circuits instructor
- exercise to music instructor
- aqua aerobics instructor

REPs is an independent, public register which recognises the qualifications and expertise of health-enhancing exercise instructors in the UK. REPs provides a system of regulation for instructors and trainers to ensure that they meet the health and fitness industry's agreed National Occupational Standards.

It can also support those intending to progress further to the role of personal trainer, through complementing qualifications, via an Apprenticeship, or through more specialist routes in higher education.

#### ***Will the qualification support progression to further learning, if so, what to?***

The Pearson BTEC Level 3 National Diploma in Fitness Services is equivalent in size to 2 A levels. Taken alongside an additional level 3 qualification as part of a two-year programme of learning, it will enable students to progress to a range of degree programmes related to the sport and fitness sector. This will enable progression to additional job roles in the sector.

The qualification is intended to carry UCAS points and is recognised by HE providers as contributing to meeting admission requirements to many relevant courses. For example, when taken alongside:

- a Pearson BTEC Level 3 National Extended Certificate in Business, it would support entry to a BA (Hons) in Fitness Management and Personal Training, which could lead to job roles such as personal trainer
- an A level in Biology, it would support entry to a BSc in Nutrition and Exercise Science (Personal Fitness Training), which could lead to job roles as fitness manager.

Students should always check the entry requirements for degree programmes at specific HE providers.

***If there are larger and/or smaller versions of this qualification, or it is available at different skills levels, why should the student choose this one?***

This **Pearson BTEC Level 3 National Diploma in Fitness Services** is equivalent in size to 2 A levels. It typically makes up two-thirds of a 16–19 study programme, and is normally taken alongside other qualifications. The additional qualification(s) studied allow students either to give breadth to their study by choosing a contrasting subject, or to give their studies more focus by choosing a complementary subject.

The suite also includes the following qualifications:

- **Pearson BTEC Level 3 National Diploma in Sports Performance and Coaching**

These qualifications are aimed at students wanting to progress directly into work in the specialist areas described. They are equivalent in size to 2 A levels, which means there is time in the study programme to take additional qualifications.

The **Pearson BTEC Level 3 National Extended Diploma in Sport Development and Coaching** is equivalent to 3 A Levels and typically makes up the full two-year 16–19 study programme. It allows students to specialise in this sector before entering employment.

The **Pearson BTEC Level 3 National Foundation Diploma in Sport** is equivalent in size to 1.5 A levels and is for students looking for a one-year course of full-time study, or alongside another area of study that contrasts or complements the qualification over a two-year full-time study programme.

The **Pearson BTEC Level 3 National Extended Certificate in Sport** is equivalent in size to 1 A Level. It is for students interested in learning about the sport sector alongside other fields of study, with a view to progressing to a wide range of HE courses, but not necessarily in sport.

For more detail of the other qualifications listed here, and the different progression opportunities they particularly support, please refer to their statements of purpose.

**This qualification is supported by the following organisations**

**Professional and trade bodies**

Chartered Institute for the Management of Sport and Physical Activity (CIMSPA)  
REPs (Register of Exercise Professionals)

**Employers**

Exmouth Tennis and Fitness Centre  
Circadian Trust  
Active Luton

**Higher education**

University of Exeter  
University of East Anglia  
University of Huddersfield  
University of Chichester  
Kingston University  
Southampton Solent University  
University College Birmingham  
University of the West of England