



Pearson

Pearson BTEC Level 3 Certificate in Personal Training: 600/4543/7

What is the purpose of this qualification?

The Pearson BTEC Level 3 Certificate in Personal Training is designed to provide learners with the skills and knowledge required to work with individuals and groups of clients in a personal training setting.

Achievement of this qualification provides access to the Register of Exercise Professionals (REPs) at level 3.

What does this qualification cover?

This qualification is linked to National Occupational Standards in Instructing Exercise and Fitness. Learners will complete seven mandatory units:

- Principles of exercise, fitness and health
- Anatomy and physiology for exercise and health
- Health, safety and welfare in a fitness environment
- Delivering personal training sessions
- Programming personal training with clients
- Know how to support clients who take part in exercise and physical activity
- Applying the principles of nutrition to a physical activity programme

Who could take this qualification?

This qualification is for learners aged 18+ who want to pursue a career in the health and fitness industry as a personal trainer. It is recommended that learners achieve a suitable Level 2 qualification in Gym Instructing, such as the Pearson BTEC Level 2 Certificate in Fitness Instructing, before starting this qualification.

This qualification requires physical exertion and individual participation is essential, therefore learners must have a degree of physical fitness.

What could this qualification lead to?

Successful completion of this qualification can lead to employment as a personal trainer.

Learners may also progress onto qualifications in related sectors within the exercise and fitness industry to broaden their knowledge and skills, such as:

- Pearson Edexcel Level 3 NVQ Diploma in Leisure Management
- Pearson BTEC Level 3 Certificate in Sports Development
- Pearson BTEC Level 3 Diploma in Sports Development