

# QUALIFICATION INFORMATION



Awarding organisation name	Active IQ
Title of regulated qualification	Active IQ Level 3 Diploma in Fitness Instructing and Personal Training
Qualification level	3
Qualification accreditation number	600/4941/8
Qualification type	Vocationally Related Qualification

## Qualification overview

The aim of this qualification is to train learners to a professionally competent level, enabling them to prescribe, plan and deliver safe and effective exercise programmes, developing their skills knowledge to pursue a career in personal training.

## Who could do this qualification?

The qualification has been designed for:

- Individuals (aged 16+) wishing to pursue a career in the health and fitness sector as gym-based fitness instructors and personal trainers.
- Individuals considering a career in a gym-based environment such as a health club or leisure centre.
- Individuals already working in the active leisure sector wishing to enhance their career progression opportunities.

## What does the qualification cover?

During the qualification learners will cover the following:

- Anatomy and physiology, functional kinesiology and concepts and components of fitness.
- How to gather and analyse client information using the most accepted techniques.
- How to assess a client's current health and fitness status.
- How to plan and conduct a physical activity session, within a variety of environments using multiple resources.
- How to perform a client consultation using the most accepted methods and providing strategies for successful behaviour change.
- How to communicate effectively to build successful relationships with their clients and other health care professionals.

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## Qualification structure

To achieve the qualification learners must complete the ten mandatory units (52 credits).

Unit	Unit accreditation number	Level	Credits
1. Anatomy and physiology for exercise	H/600/9013	2	6
2. Know how to support clients who take part in exercise and physical activity	M/600/9015	2	2
3. Health, safety and welfare in a fitness environment	T/600/9016	2	2
4. Principles of exercise, fitness and health	A/600/9017	2	4
5. Planning gym-based exercise	F/600/9018	2	4
6. Instructing gym-based exercise	A/600/9020	2	6
7. Anatomy and physiology for exercise and health	A/600/9051	3	6
8. Applying the principles of nutrition and physical activity	L/600/9054	3	6
9. Programming personal training with clients	F/600/9052	3	7
10. Delivering personal training sessions	J/600/9053	3	9

## What could this qualification lead to?

Successful achievement of this qualification will provide entry to the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) as a practitioner (exercise and fitness). Launched in 2011, CIMSPA is the professional development body for the UK's sport and physical activity sector. CIMSPA was awarded chartered status by the Privy Council, which came into effect at the beginning of January 2012. CIMSPA provides leadership, support and empowerment for professionals working in sport and physical activity and a single unified voice for the sector.

To read more about CIMSPA, please visit <https://www.cimspa.co.uk>

This accredited achievement is valued and recognised by employers and can assist learners to increase/enhance their career opportunities, progression and earning potential.

Learners will be able to progress to the following job role:

- Personal trainer.

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

The qualification is designed to offer entry to employment; however, learners can also progress onto the following qualifications and apprenticeship framework:

- Level 3 Diploma in Exercise Referral.
- Level 3 NVQ Diploma in Personal Training.
- Active IQ Level 3 Diploma in Instructing Pilates Matwork.
- Active IQ Level 3 Diploma in Teaching Yoga.
- Level 3 Diploma in Sports Massage Therapy.
- Level 4 Certificate in Advanced Fitness Instructing.
- Level 4 Certificate in Strength and Conditioning.
- Advanced Apprenticeship in Exercise and Fitness.

## **Is this qualification available as an apprenticeship?**

Yes, this qualification is available in the following apprenticeship framework:

- Advanced Exercise and Fitness.

## **Is this qualification eligible for an Advanced Learner Loan?**

Yes, this qualification is available within the Advanced Learner Loan catalogue, information on which can be found by following the link below:

<https://www.gov.uk/government/publications/advanced-learner-loans-qualifications-catalogue>

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## Similar qualifications

**Active IQ Level 3 Diploma in Gym Instructing and Personal Training**, accreditation number: 600/4941/8 is a redevelopment and replaces the following qualifications:

- **Active IQ Level 3 Diploma in Gym Instructing and Personal Training**, accreditation number: 600/4941/8 is a redevelopment and replaces the following qualifications:
- **Active IQ Level 3 Diploma in Personal Training and Business Skills for Fitness Professionals**, accreditation number: 600/9744/9.
- **Active IQ Level 3 Diploma in Fitness Instructing and Personal Training**, accreditation number: 600/4941/8.

**Active IQ Level 3 Diploma in Personal Training for Health, Fitness and Performance**, accreditation number: 601/9003/6. Learners should choose this qualification if they are in full-time education and considering completing a combined offer with another Tech Level, Applied General and/or A level, for example.

**Active IQ Level 3 Extended Diploma in Personal Training for Health, Fitness and Performance**, accreditation number: 601/9002/4. Learners should choose this qualification if they are considering completing a full two-year education programme, after which their intention is to go straight into employment or onto a higher education programme.

## Who supports the qualification?

Support for the qualification has been provided by the following professional body:

- The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

To read more about CIMSPA, please visit <http://www.cimspa.co.uk/>

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