



Day:	Fortnightly meetings in your workplace
Course Title and Level :	Level 3 NVQ Diploma in Exercise and Fitness
Course Fee:	£400
Tutor:	Shelley Blackhurst/ Karen Stanton

Who is the Course for?

Do I need any prior experience? You must working in a gym with regular clients

Will I need an Interview? Yes—with the apprenticeship department

What could I do next? Progress in to Personal training either for a leisure centre or self employed

What are the aims of the course?

Course aim: The course aims to give you the experiences you need to work as a Personal Trainer

What topics will I cover? You will complete modules in Health and Safety, Nutrition, Professional Development, Programming, Customer Service, and Fitness Assessments. This course works well alongside the certificate in Personal training as evidence can be created for both at the same time.

What will the sessions consist of?

An assessor will meet you each fortnight in the workplace and will observe you in your job role. You will build a portfolio of evidence from statements from your line manager/assessor to work you complete during your employment.

This shows that you are working at the required occupational standard and is useful when applying for jobs in the future.

How is the course assessed?

Your portfolio of evidence is assessed by your assessor and then by one of our Internal Verification team.

How can I prepare for the course?

You must be in employment for 16 hours per week on average in a gym.

Key Facts

Awarding organisation: Central YMCA Qualifications

See www.cyq.org.uk for more information.

**What Next?
Contact us**

Adult Learning, The College of Richard Collyer
Hurst Road, Horsham, RH12 2EJ
Phone: 01403 216597
Email: apprenticeships@collyers.ac.uk