

LEVEL 3 PERSONAL TRAINING

This is made up of the following qualifications:

Level 3 Diploma in Personal Training

Level 3 NVQ Diploma in Personal Training

Essential Skills Wales Communication (if required)

Essential Skills Wales Application of Number (if required)

Incorporating highly trained personal trainers into a fitness industry business represents a strategic move that can significantly enhance its competitive standing. These trainers bring a wealth of knowledge in areas such as anatomy, nutrition, effective communication, and business acumen, which, when combined, enable them to offer a holistic approach to client fitness and wellness. Their ability to design and implement personalised training programmes tailored to individual client needs ensures not only exceptional customer satisfaction but also the development of lasting brand loyalty. Moreover, by harnessing their expertise, businesses can position themselves apart in a crowded and competitive fitness industry marketplace.



CUSTOMISED APPROACH

Specific occupations may necessitate additional qualifications or requisites, further customising the apprentices' learning journey. For instance, disciplines like group Indoor Cycling (Spin) and Kettlebells may be integrated into certain programmes to ensure apprentices are equipped with the specialised skills required by their occupation. This multi-faceted approach ensures that Apprenticeships not only meet but exceed the demands of both employers and their future workforce.

FREE ACCESS TO CPD OPPORTUNITIES FOR ALL APPRENTICES

These added value qualifications include Level 2 Award in Group Exercise Instructing: Indoor Cycling (Spin), Level 2 Award in Group Exercise Instructing: Circuit Training, Level 2 Award in Instructing Kettlebell Training, and Level 2 Award in Instructing Suspended Movement Training (TRX).



The Chartered Institute for the Management of Sport and Physical Activity professional standards set the gold standard in the fitness and sports industry. They guarantee expertise, competence, and ethical conduct, while fostering career development. Professionals and organisations that adhere to these standards provide outstanding services, elevating the industry's overall excellence.

SPORTS AND FITNESS APPRENTICESHIP

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