



The Course

In brief...

The health and fitness industry is continuing to grow, with over 7000 gyms in the UK and more than 10 million members, which means almost one in seven people in the UK is a member of a gym (State of the UK Fitness Industry Report, The Leisure Database, May 2019). This gives the industry a market value of more than £5 billion, meaning that there are many employment opportunities for people with industry-recognised health and fitness related qualifications. This suite of qualifications has embedded industry accreditation, which allows learners to progress directly to work in the sector or to further study.

The Pearson BTEC Level 3 National Diploma in Sport, Fitness and Personal Training is 720 GLH and is equivalent in size to two A Levels. It may be taken as part of a two-year, full-time programme, possibly alongside another Level 3 vocational qualification or an A Level. For example, it may be taken alongside a Pearson BTEC Level 3 National Extended Certificate in Health and Social Care, Travel and Tourism or Business, or the Pearson BTEC Level 3 Subsidiary Diploma in Public Services, to support entry into a range of roles.

Who is it for?

The qualification is intended for post-16 learners who are looking to progress to employment, including self-employment, in the sector as a personal trainer and whose aspirations may also be to enter higher education.

What the Course Leads to

What courses can I do after this?

The Pearson BTEC Level 3 National Diploma in Sport, Fitness and Personal Training has a primary focus on progression to employment as a personal trainer. This allows learners to work independently as a personal trainer and gives them the skills and expertise they need to work with clients at different levels of fitness and across a wide age range. This qualification might also be taken alongside another vocational courses or A Levels. The qualification is likely to attract UCAS tariff points (pending application approval) and is recognised by higher-education providers as either meeting or contributing to entry requirements to many related degree programmes. When combined with other qualifications in a two-year study programme, such as an A Level, learners can progress to higher-education degree programmes, such as BA (Hons) Health and Fitness and a BSc (Hons) Diet, Fitness and Wellbeing, or Level 4 Medical Referral Health and Fitness related qualifications such as a Diploma in Exercise Referral. Learners should always check the entry requirements for degree programmes with the provider. This qualification is recognised by The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) and The Register of Exercise Professionals (REPs).

In addition, universities, professional bodies and businesses have provided letters of support confirming that these qualifications meet their entry requirements. These letters can be viewed on the Pearsons website

<https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/sport-...>

Key Information

Duration

2 Years

Attendance

Full-time

Level

Level 3

Qualification Name

Level 3

Awarding Body

BTEC

Curriculum Area

Service Industries and Humanities - Sport

What jobs can I get?

Fitness Instructor/Personal trainer, sports coach, sports assistant or with further study at university you could pursue a career in sports science, sports/PE teaching or sports coaching.

What do I need to apply

To do this course you should have...

You will require a minimum of 5 GCSEs at grades A*-C including English, Maths and Science or Physical Education grades 9-4 (formerly A*-C). Alternatively successful completion of a relevant Level 2 qualification and have achieved a Level 2 Functional Skill in English and maths.

What about work experience?

You will need to undertake a minimum of 5 days work experience with a local employer in order to pass the course.

International entry requirements

If you are not from an English Language speaking country, you will need to have UKVI IELTS 5.5. We accept a wide range of academic qualifications awarded overseas and use the UK NARIC (National Academic Recognition Information Centre) guidelines for international comparisons. For tuition and accommodation fees please visit www.thecollege.co.uk/international/courses/tuition-fees and our International Operations team can offer you advice and guidance before and during your studies.

Course costs

Course Code	Start Date	Costs 16-18	Costs 19-23 (with concessions)	Costs 19+ (no concessions)
FHL3FD010C	07/09/2021	TBC	TBC	TBC

* Please note fees are subject to change.

Costs

£250 (per year)

International Fees

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Course Content

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The content of this qualification has been developed in consultation with employers and professional bodies so that the content is appropriate and consistent with current industry practice. It will allow learners to enter employment directly in the health and fitness sector. Higher-education institutions have also been consulted to ensure that the qualification allows appropriate progression for those aspiring to go on to higher level study. This qualification provides the knowledge and develops the skills and application required for professional accreditation with the Register of Exercise Professionals (REPs) and the Chartered Institute of Management for Sport and Physical Activity (CIMSPA) Gym Instructor and Personal Trainer standards. It is also mapped to the Personal Trainer Apprenticeship Standard. The Gym Instructor Standards are a prerequisite for all professional roles in the sector. On successful completion of the qualification, learners will be qualified to apply for membership of CIMSPA and REPS. This means that the qualification has broad recognition by employers and allows progression to a wide range of roles in the sector. Members of REPs are protected with specialist insurance that includes public liability and personal accident cover, which supports self-employment activities. Learners are able to continue to develop their careers through industry-endorsed Continuing Professional Development programmes.

Learners taking this qualification will study seven mandatory units:

- Unit A: Careers in the Sport and Active Leisure Industry
- Unit B: Health, Wellbeing and Sport
- Unit C2: Fitness Skills Development
- Unit D2: Personal Trainer Skills Development

- Unit 2: Self-employment in Sport and Physical Activity
- Unit 4: Nutrition for Physical Performance
- Unit 21: Business and Technology in Personal Training.

The mandatory content allows learners to develop technical skills in working with groups and individual clients in a health and fitness environment. The Personal Training Skills Development unit extends learners' skills and knowledge to work with individual clients to develop training sessions and programmes that meet clients' individual needs and help them to achieve their training or health goals. The Nutrition for Physical Performance unit will help to support learners in giving nutritional advice and guidance to clients to further support them in achieving their health goals such as losing excess body fat, or sporting goals such as being able to compete in a marathon. The Business and Technology in Personal Training unit helps learners to develop business acumen and to learn how to use technology effectively. This will support them in setting up and managing their own personal training business, which is a popular employment route for many professionals working as personal trainers. The mandatory units together cover the knowledge, skills and behaviours required to enter employment as a personal trainer

Next Steps ...

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Web: www.thecollege.co.uk

Live chat available on the website

