



The Course

In brief...

To provide learners with the essential knowledge and skills required by those who wish to pursue a career as a fitness instructor and/or Personal Trainer. This qualification gives learners the opportunity to gain a nationally accredited qualification which provides the essential knowledge, skills and personal qualities required for an occupation in the Health and Fitness sector.

Who is it for?

Learners aged 16+.

- Those considering a career as a fitness instructor and/or personal trainer.
- Please note that 16-18 year olds may need to be supervised in the workplace, once they have achieved the qualification.

This qualification provides progression to the Active IQ Level 3 Diploma in Exercise Referral and the Active IQ Level 3 Diploma in Teaching Yoga.

- This qualification also provides progression on to competency based qualification such as the Active IQ Level 2 NVQ Diploma in Exercise and Fitness and the Active IQ Level 3 NVQ Diploma in Personal Training.
- Learners may also broaden their knowledge and skills by progressing to other Active IQ qualifications

Students who would like a career in the sports industry of to progress onto a L3 course in Sport.

What the Course Leads to

What courses can I do after this?

... progress to the full time Level 3 BTEC Extended Diploma in Sport at The College.

Such progression will be dependent on passing the Diploma and GCSE/ Functional Skills, a reference from the Level 2 teaching team and an admissions interview with the course tutor.

What jobs can I get?

Successful completion may lead to roles in coaching and jobs in leisure centres.

What do I need to apply

To do this course you should have...

You will require a minimum of 4 GCSEs at grades A*-D including English and maths grades 9-3 (formerly A*-D) and science for some programmes. Alternatively successful completion of a relevant Level 1 qualification and have achieved a Level 1 Functional Skill in English and maths.

Key Information

Duration

1 Year

Attendance

Full-time

Level

Level 2

Qualification Name

Level 2 Diploma

Awarding Body

BTEC

Curriculum Area

Service Industries and Humanities - Sport

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.

Course costs

Course Code	Start Date	Costs 16-18	Costs 19-23 (with concessions)	Costs 19+ (no concessions)
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FHL2FD003F	06/09/2022	TBC	TBC	TBC
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* Please note fees are subject to change.

Costs

16 - 18 £250.00

19+ £1870

Course Content

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Mandatory units to complete the qualification: Practical Sports Performance, Fitness for Sport and Exercise, The Sports Performer in Action, Training for Personal Fitness, Leading Sports Activities, Anatomy and Physiology for Sports Performance, Lifestyle and Well-being, Injury and the Sports Performer

Alongside your vocational study you will also need to attend GCSE/ Functional Skills in Maths and English as required.

Next Steps ...

Email: enquiries@thecollege.co.uk

Telephone: 01202 205205

Web: www.thecollege.co.uk

Live chat available on the website

