

## Statement of Declared Purpose

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

## 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

## 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>

## 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 Certificate in Personal Training**, accreditation number: 500/8820/8.
- **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.