

## Statement of Declared Purpose

<b>Awarding organisation name</b>	Active IQ
<b>Title of regulated qualification</b>	Active IQ Level 3 Diploma in Personal Training and Business Skills for Fitness Professionals
<b>Qualification level</b>	3
<b>Qualification accreditation number</b>	600/9744/9
<b>Qualification type</b>	Vocationally Related Qualification

### Qualification overview

The Active IQ Level 3 Diploma in Personal Training and Business Skills for Fitness Professionals is suitable for you if you want to pursue a career in the health and fitness sector and gain employment as a personal trainer. It is particularly suitable if you want to work as personal trainer in a self-employed environment and build your own business. It will provide you with the knowledge and skills to prescribe, plan and deliver safe and effective exercise programmes and personal training sessions to a range of clients. It will also provide you with the knowledge and skills to develop your own business and marketing strategies.

### Who could do this qualification?

Individuals aged 16+ years old and we also hold a Level 2 qualification in Fitness Instructing (Gym). There is an element of communication (discussing, presenting, reading and writing) involved, and you should have basic skills in communication at Level 2.

The qualification requires physical exertion and your participation is essential, so it's important you are physically fit.

The qualification has been designed for:

- Gym instructors wishing to work and/or seek employment in the health and fitness sector as a personal trainer where they can also apply the additional business skills and knowledge they will have achieved.
- Individuals who already hold a gym instructor qualification, wishing to become self-employed running their own personal training business.
- Individuals already working in the health and fitness 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/ 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 physical activity sessions, within a variety of environments using multiple resources.
- How to perform an effective client consultation and provide strategies for successful behaviour change.
- How to communicate effectively and build successful relationships with your clients and other health care professionals.
- How to manage, evaluate and improve your own performance.
- How to give nutritional advice for physical activity based on a client's needs.
- How to prepare for employment and to set up in business on a self-employed basis.

## Qualification structure

To achieve the qualification learners must complete the eight mandatory units (38 credits).

Unit	Unit accreditation number	Level	Credits
1. Anatomy and physiology for exercise and health	A/600/9051	3	6
2. Applying the principles of nutrition and physical activity	L/600/9054	3	6
3. Know how to support clients who take part in exercise and physical activity	M/600/9015	2	2
4. Health, safety and welfare in a fitness environment	T/600/9016	2	2
5. Principles of exercise, fitness and health	A/600/9017	2	4
6. Programming personal training with clients	F/600/9052	3	7
7. Delivering personal training sessions	J/600/9053	3	9
8. Improving your business skills	F/503/1798	3	2

## **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 Personal Training**, accreditation number: 603/0895/3. This qualification is a replacement for the Active IQ Level 3 Diploma in Personal Training and Business Skills for Fitness professionals, learners should choose this qualification if their intention is to go straight in to employment.

**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.