

Apprenticeship Overview

The role of a Personal Trainer is to coach clients (on both a one-to-one and small group basis) towards their health and fitness goals. A personal trainer is a positive, professional individual committed to motivating clients to achieve their health and fitness goals through personalised coaching, taking into account factors such as: lifestyle, wellbeing, fitness and nutrition for an effective service.

Key Responsibilities

Through the design and delivery of bespoke training programmes, nutritional advice and holistic lifestyle management, Personal Trainers motivate clients to positively change their behaviour and improve their overall wellbeing by providing specialist, tailored advice within their scope of practice, while always being aware of when to refer clients to relevant appropriate professionals for specialist information and guidance (e.g. physiotherapist, registered dietician, medical specialist).

Knowledge covered within the programme includes:

- Exercise Programme Design and Delivery
- Exercise Technique
- Professional Practice
- Business acumen

Qualifications Included

Apprentices without Level 2 English and maths (GCSE Grade 4 or equivalent) will need to achieve this prior to taking the end-point assessment. Some employers may also choose to include industry relevant qualifications, such as L2 Certificate in Fitness Instructing. As part of the apprenticeship, apprentices will build a portfolio of evidence related to their role and requirements of the end point assessment.

Entry Requirements

The entry requirement for this apprenticeship will be decided by each employer, but may typically be five GCSEs (or equivalent) at Grade 4 minimum, including a qualification in Sport, Fitness or PE. You may also choose to consider applicants based on relevant prior experience.

Programme Level

Level 3

Duration

Expected duration of 15 to 18 months.

Job Roles

Personal Trainers, Senior Health Professionals, Group Fitness Instructors.

Delivery Method

The duration of this programme is based on the apprentice working for at least 30 hours per week, including 'Off the Job' Training. If apprentices work less than 30 hours a week the programme duration will be extended. The 20% training is delivered by Creative Sport & Leisure, either at the workplace, off-site or via e-learning. The training is specifically tailored to ensure the apprentice develop the skills they will need to thrive in the workplace, giving apprentices a real advantage with career progression and allow the employer to build a future workforce.

End Point Assessment Method:

As part of the apprenticeship standard an external End Point Assessment Organisation will carry out your end point assessment using the following methods:

- Practical observation with questions and answers
- Presentation with questions and answers
- Interview

Progression

Upon successful completion, the Personal Trainer may choose self-employment, employment or further specialist study – such as a Level 4 Apprenticeship, or industry short courses, e.g. Sports Massage and GP Exercise Referrals.

