



# Personal Trainer

Course Guide

Thank you your interest in the Personal Trainer course with Amac. Within this course guide, you will find information on the different parts of the course and working as a personal trainer.

If you need further information then visit our website or ring 01227 831 840 or via email on [info@amactraining.co.uk](mailto:info@amactraining.co.uk) .

## Course Package

- Personal Trainer

## Pre requisites

Level 2 Certificate in Fitness Instructing

## Objectives of Course

By the end of this course/programme learners will be able to:

- Work unsupervised as a personal trainer•
- Offer one to one training•
- Carry out baseline assessments•
- Provide nutritional advice specific to the individual needs of the client•
- Provide progressive programming specific to the needs of the client•

## Qualification Units

- Anatomy and physiology for exercise and health
- Applying the principles of nutrition to a physical activity programme
- Programming personal training with clients
- Delivering personal training sessions

## Certification

Upon completing the personal trainer course with Amac, you will receive the following certification:

- Central YMCA Qualification Level 3 Certificate in Personal Training



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# Personal Trainer



## Job Profile

### The work

Personal trainers provide individual programmes for clients to enable them to achieve their personal health and fitness goals. They educate, motivate and coach clients to help them follow their programmes safely and effectively, and advise them on health, nutrition and lifestyle changes on a one-to-one basis.

### Hours and environment

Personal trainers may work a 37-hour week, but hours are client centred and can include evenings and weekends. Many personal trainers work within a number of clubs and travel time may increase the working week considerably.

Many trainers are self-employed and work hours to suit themselves and clients. Other trainers work as gym instructors and personal train outside their normal hours of work. Personal trainers may rent space in a gym, have their own facilities or visit clients in their own homes.

### Skills and interests

To be a personal trainer you should:

- be determined and enthusiastic
- be willing to learn new skills and committed to your own professional development
- have good organisational skills
- have good communication skills and an outgoing and approachable personality
- have patience and the ability to motivate and enthuse people from a wide range of backgrounds.

### Entry

Personal trainers are fitness instructors with a high level of experience and advanced qualifications.

You will need at least a level 3 certificate linked to the National Occupational Standards (NOS) developed for the industry by SkillsActive, the Sector Skills Council (SSC) for Active Leisure and Learning.

This will enable you to gain entry on the Register of Exercise Professionals (REPs), which is also known as the 'Exercise Register'.

### Opportunities

Personal trainers are often self-employed and promote themselves as businesses. Others may work in settings such as health clubs owned by large chains, in spas, resorts, on cruise ships and for large companies providing workplace fitness facilities.

Some trainers may work exclusively for a single prestigious client.

### Annual income

Figures are intended as a guide only.

Personal trainers are usually paid by the hour for each session with a client. There are no set salary scales. Earnings depend on location, number of clients and on whether the trainer is independent or works for a gym.

Freelance instructors could earn between £20 and £40 an hour. Some popular instructors with high profile clients may earn between £50 and £100 an hour. Trainers in full-time employment will typically earn between £18,000 and £24,000 a year.

*Adapted from Skillsactive.*

# Level 3 Anatomy and Physiology

## Course Information



### Introduction

This unit covers the knowledge an instructor needs about anatomy and physiology relating to exercise programming for a range of clients.

### Format

This is a home study theoretical part of the course which is one of the four accredited units of the qualification. You will receive a pack that guides you through the various subject areas. There is also a mock paper that can be attempted to help you decide if you are ready for the exam. You do not need to submit any of the work completed for home study.

## Content

### Understand the heart and circulatory system and its relation to exercise and health

You will be able to:

- Explain the function of the heart valves
- Describe coronary circulation
- Explain the effect of disease processes on the structure and function of blood vessels
- Explain the short and long term effects of exercise on blood pressure, including the valsalva effect
- Explain the cardiovascular benefits and risks of endurance/aerobic training
- Define blood pressure classifications and associated health risks

### Understand the musculoskeletal system and its relation to exercise

You will be able to:

- Explain the cellular structure of muscle fibres
- Describe the sliding filament theory
- Explain the effects of different types of exercises on muscle fibre type
- Name, locate and explain the function of muscles and their attachment sites for the major muscles of the body
- Identify the anatomical axis and planes with regard to joint actions and different exercises
- Describe joints/joint structure with regard to range of motion/movement and injury risk
- Describe the structure of the pelvic girdle and associated muscles and ligaments

### Understand postural and core stability

You will be able to:

- Describe the structure and function of the stabilising ligaments and muscles of the spine
- Describe local muscle changes that can take place due to insufficient stabilization
- Explain the potential effects of abdominal adiposity and poor posture on movement efficiency
- Explain the potential problems that can occur as a result of postural deviations
- Explain the impact of core stabilisation exercise and the potential for injury/aggravation of problems
- Explain the benefits, risks and applications of the following types of stretching

# Level 3 Anatomy and Physiology



## Course Information

### Content Continued

#### Understand the nervous system and its relation to exercise

You will be able to:

- Describe the specific roles
- Describe nervous control and transmission of a nervous impulse
- Describe the structure and function of a neuron
- Explain the role of a motor unit as the functional contractile unit of a muscle
- Explain the process of motor unit recruitment and the significance of a motor unit's size and number of muscle fibres
- Explain the function of muscle proprioceptors and the stretch reflex
- Explain reciprocal inhibition and its relevance to exercise
- Explain the neuromuscular adaptations associated with exercise/training
- Explain the benefits of improved neuromuscular coordination/efficiency to exercise performance

#### Understand the endocrine system and its relation to exercise

You will be able to:

- Describe the functions of the endocrine system
- Identify the major glands in the endocrine system
- Explain the function of hormones

#### Understand energy systems and their relation to exercise

You will be able to:

- Identify the contribution of energy
- Identify the by-products of the three energy systems and their significance in muscle fatigue
- Describe the effect of endurance training/advanced training methods on the use of fuel for exercise

### Assessments

Externally set and assessed theory test in the form of a multiple choice written theory paper, externally set and marked by CYQ.

The time allocation for the theory paper is 50 minutes. The theory assessment will comprise 40 questions where learners must achieve a minimum of 28 marks overall to pass.

When you are ready to sit the exam, call or email and you will be advised on what dates and venues are available.

### Certification (Units)

Anatomy and physiology for exercise and health (This unit is part of the Certificate in Personal Training)

# Level 3 Principles of Nutrition



## Course Information



### Introduction

This unit covers the learner's ability to apply the principles of nutrition to support client goals as part of an exercise and physical activity programme.

### Format

This is a home study theoretical part of the course which is one of the four accredited units of the qualification. You will receive a pack that guides you through the various subject areas. Some of this content may also be discussed on the 6 day course. You do not need to submit any of the work completed for home study.

### Content

- Understand the principles of nutrition
- Understand key guidelines in relation to nutrition
- Understand nationally recommended practice in relation to providing nutritional advice
- Understand the relationship between nutrition and physical activity
- Understand how to collect information relating to nutrition
- Understand energy systems and their relation to exercise
- Understand how to use nutritional information
- Understand the principles of nutritional goal setting with clients
- Be able to apply the principles of nutrition to a physical activity programme

### Assessments

#### Assessment Element 1: Theory Assessment

A multiple choice test of the underpinning knowledge will be externally set and marked by Central YMCA Qualifications. The time allocation for the theory assessment is 50 minutes. This will comprise 40 questions where learners must achieve a minimum of 28 marks (70%) overall to pass.

#### Assessment Element 2: Case Study

The case study should be carried out on apparently healthy adult who does not require nutritional intervention from a doctor/dietician/nutritionist e.g. does not have any of the following conditions: Diabetes; Eating disorder; Crohn's disease; Coeliac disease. The client can be selected from a number of sources, this may include: fellow students within the group or friends or relatives or partners or spouses. The client should have a measurable goal and require sufficient nutritional advice to enable the learner to meet the criteria outlined in the client consultation form.

### Certification (Units)

Applying the Principles of Nutrition to a Physical Activity Programme (This unit is part of the Certificate in Personal Training)

# Level 3 Programming and Delivering



## Course Information



### Introduction

This unit covers the knowledge and skills a learner needs to design, manage, deliver and adapt a personal training programme with apparently healthy adults of all ages along with other groups that are 14-16, disabled, pre/post natal and older adults that aren't part of a large group.

### Format

This is covered on a 6 day course when you will be given a comprehensive manual. You will receive details of the course dates and times that you booked onto, along with a timetable.

## Content

### Planning and preparing sessions

- Understand how to prepare personal training programmes
- Understand the importance of long term behaviour change for personal training
- Understand the principles of collecting information to plan a personal training programme
- Understand how to screen clients prior to a personal training programme
- Understand how to identify personal training goals with clients
- Understand how to plan a personal training programme with clients
- Understand how to adapt a personal training programme with clients
- Be able to collect information about clients
- Be able to agree goals with clients
- Be able to plan a personal training programme with clients
- Be able to manage a personal training programme
- Be able to review progress with clients
- Be able to adapt a personal training programme with clients

### Delivering sessions

- Understand how to instruct exercise during personal training sessions
- Understand how to adapt exercise to meet client needs during personal training sessions
- Understand how to review personal training sessions with clients
- Be able to plan and prepare personal training sessions
- Be able to prepare clients for personal training sessions
- Be able to instruct and adapt planned exercises
- Be able to bring the exercise session to an end
- Be able to reflect on providing personal training session

# Level 3 Programming and Delivering



## Course Information

### Assessments

#### Assessment Element 1 Continuous or summative assessment (direct observation)

Physical measurements:

- Blood pressure
- Anthropometrics
- Body composition
- Cardiovascular fitness
- Range of motion
- Muscular fitness

#### Assessment Element 2 Continuous or summative assessment (direct observation)

Training approaches: Cardiovascular machines or other appropriate CV training mode (e.g. running)

A minimum of two of the following cardiovascular approaches to training:

- Interval
- Fartlek
- Continuous

Resistance machines/free weights/alter native methods (e.g. body weight). A minimum of four of the following resistance approaches to training:

- Pyramid systems
- Super-setting
- Giant sets
- Tri sets
- Forced repetitions
- Pre/post exhaust
- Negative/eccentric training

One core stability exercise

One PNF stretch

Evaluation

#### Assessment Element 3 Case Study Portfolio and Viva

- A client profile
- 12 week personal training overview
- 4 week personal training sessions
- Viva questions

### Certification (Units)

- Programming personal training with clients (This unit is part of the Certificate in Personal Training)
- Delivering personal training sessions (This unit is part of the Certificate in Personal Training)