



CYQ Level 3 NVQ Diploma in Personal Training

Qualification structure

This NVQ consists of nine mandatory units, with one additional unit which may be taken if required.

Mandatory units

| Unit title | Credit | GLH |
|---|----------|-----------|
| 1. Anatomy and physiology for exercise and health (level 3) (from Level 3 Certificate in Personal Training) | 6 | 43 |
| 2. Promote health, safety and welfare in active leisure and recreation (level 2) | 4 | 30 |
| 3. Principles of exercise, fitness and health (level 2) (from level 2 Certificate in Fitness Instructing) | 4 | 28 |
| 4. Motivate clients to maintain long term adherence to exercise and physical activity (level 3) | 4 | 15 |
| 5. Reflect on and develop own practice in providing exercise and physical activity (level 2) | 4 | 23 |
| 6. Evaluate exercise and physical activity programmes (level 3) | 3 | 14 |
| 7. Design, manage and adapt a personal training programme with clients (level 3) | 6 | 30 |
| 8. Deliver exercise and physical activity as part of a personal training programme (level 3) | 10 | 70 |
| 9. Apply the principles of nutrition to support client goals as part of an exercise and physical activity programme (level 3) | 7 | 42 |
| Additional Unit | 5 | 26 |
| 10. Plan, market and sell services (level 3) | | |