



## Statements of purpose

### CYQ Level 3 Diploma in Personal Training and Instruction

The CYQ Level 3 Diploma in Personal Training and Instruction meets the definition of a Technical Level Qualification since it equips students with specialist knowledge and skills for entry into employment as a personal trainer, with additional knowledge and skills around working in outdoor environments, sports conditioning and running their own business.

The 'personal trainer' part offers a licence to practice and entry to the Register of Exercise Professionals (REPs) as a Level 3 personal trainer. REPs is an independent public Register which recognises the qualifications and expertise of health-enhancing exercise instructors in the UK. One of its key functions is to provide a system of regulation for instructors and trainers to ensure that they meet the health and fitness industry's agreed national occupational standards. [Read more about REPs.](#)

This qualification also enables progression to an advanced level apprenticeship in exercise and fitness and could serve to support entry to Higher Education in a related subject such as Sports Science.

This qualification has been developed for students aged 16+. The purpose of the qualification is described by its 'aims', which are provided in the qualification specification and syllabus. The aims are:

"To recognise the skills, knowledge and understanding required for an individual to work unsupervised as a personal trainer. This includes being able to offer one-to-one training, baseline assessment, nutritional advice and progressive programming which is specific to the individual needs of a client."

"To provide learners with the knowledge and skills required to design and deliver safe and effective fitness training sessions to groups of participants in outdoor environments."

"To equip the learner with the skills required to provide fitness programmes to improve performance across a range of sports and sporting events."

"To equip learners with the knowledge and understanding required to market, plan and deliver a successful personal training service."



### **CYQ Level 3 Diploma in Personal Training (Gym-Based Exercise)**

The CYQ Level 3 Diploma in Personal Training (Gym-Based Exercise) meets the definition of a Technical Level Qualification since it equips students with specialist knowledge and skills for entry into employment as a personal trainer.

This qualification offers a licence to practice and entry to the Register of Exercise Professionals (REPs) as a Level 3 personal trainer. REPs is an independent public Register which recognises the qualifications and expertise of health-enhancing exercise instructors in the UK. One of its key functions is to provide a system of regulation for instructors and trainers to ensure that they meet the health and fitness industry's agreed national occupational standards. [Read more about REPs.](#)

This qualification also enables progression to an advanced level apprenticeship in exercise and fitness and could serve to support entry to Higher Education in a related subject such as Sports Science. This qualification has been developed for students aged 16+

The purpose of the qualification is described by its 'aim', which are provided in the qualification specification and syllabus. The aim is:

"This qualification is aimed at learners wishing to become a Personal Trainer, but who do not already hold the pre-requisite of Level 2 Fitness Instructing (Gym-Based Exercise). In addition to the planning and instructing of both Gym Based and Personal Training programmes, learners will cover; Anatomy and physiology (at levels 2 and 3); Health, safety and welfare in a fitness environment; Principles of exercise, fitness and health; How to support clients who take part in exercise and physical activity and the application of the principles of nutrition within a physical activity programme."