

Level 3 Apprenticeship in Exercise and Fitness Personal Training

**Design Programmes | Inspire Clients | Advance in the
Fitness Industry**

This programme prepares learners for a professional career in personal training, combining practical instruction with industry-relevant qualifications.

It is ideal for those already working in the sector or seeking to progress from a fitness instructing role.



About the Apprenticeship

This programme is tailored for front-line staff such as pool attendants, recreation assistants, and facility operatives, who play a vital role in delivering safe, inclusive, and high-quality leisure services.

- **Duration:** Typically 18 months
- **Delivery:** Work-based learning, practical gym instruction, and tutor-led sessions
- **End-Point Assessment:** Ongoing assessment through observation, portfolio building, and knowledge checks

What You Will Learn

- **Designing Individualised Training Programmes** – Create safe and effective exercise plans for a range of clients with differing needs and goals.
- **Client Assessment and Goal Setting** – Conduct consultations, monitor progress, and motivate clients through behaviour change techniques.
- **Nutrition and Lifestyle Support** – Offer basic nutritional guidance to support health and fitness outcomes.
- **Professional Practice and Business Acumen** – Learn about self-employment, marketing, and building a client base.
- **Advanced Communication and Numeracy** – Achieve Level 2 Communication and Application of Number (if not previously achieved).

Who is it for?

- Fitness instructors ready to take the next step
- Gym staff or leisure employees seeking progression
- Individuals aiming to work as freelance or employed personal trainers

Career Progression

- Work as a self-employed or employed personal trainer
- Progress into roles such as Health Coach, Fitness Manager, or Specialist Trainer
- Advance to Level 4 qualifications in exercise referral, strength and conditioning, or wellbeing coaching

