

Level 3 Apprenticeship in Personal Training

Coach Clients | Build Programmes | Support Health Goals

This apprenticeship is designed for individuals who want to work as personal trainers, delivering one-to-one and small group fitness sessions that help clients achieve their health and wellbeing targets.

Learners will gain the professional skills, knowledge, and behaviour required to design, deliver, and evaluate effective and engaging fitness programmes across a variety of settings.

About the Apprenticeship

This programme is ideal for those working in, or aspiring to enter, the fitness industry in roles such as personal trainer or sports coach. It blends technical instruction with practical application, preparing learners for real-world personal training environments.

- **Duration:** Typically 15 months
- **Delivery:** Work-based learning, gym-based instruction, and tutor guidance
- **End-Point Assessment:** Observation of practice, portfolio of evidence, and theory assessments

What You Will Learn

- **Client-Centred Programme Design** – Create individualised training plans based on client needs, goals, and health status.
- **Delivering Safe and Effective Exercise Sessions** – Lead one-to-one and group fitness sessions with a focus on safety, engagement, and outcomes.
- **Behaviour Change and Client Support** – Encourage long-term lifestyle changes using motivational techniques and progress tracking.
- **Health, Nutrition, and Exercise Science** – Apply knowledge of anatomy, physiology, and nutrition to enhance results.
- **Functional Skills in English and Maths** – Achieve Level 1 or Level 2 Functional Skills in English and Maths if not already held.

Who is it for?

- Gym instructors seeking progression into personal training
- Sports coaches wanting to deliver individualised support
- Individuals passionate about helping others lead healthier lives

Career Progression

- Work as a freelance or employed personal trainer
- Progress into strength & conditioning, sports therapy, or health coaching
- Advance to Level 4 qualifications in exercise referral, obesity, diabetes management, or advanced fitness

