

L3 PT

L2 & L3 PERSONAL TRAINER
QUALIFICATION



ORIGIN
SERIES

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ABOUT THE COURSE

This **Level 3 Diploma in Personal Training** is for anyone looking for a life long career in the fitness industry.

The Active IQ Diploma in Personal Training is **REPs and CIMSPA recognised**. This qualification will give you the knowledge and skills to work with individual and group clients in a personal training setting. Successful achievement of the qualification will allow you to gain employment within an organisational setting or alternatively in a self-employed environment.

Our course has been developed and designed to provide you with the **highest level and up to date education in the topic of Personal Training**.

Our team has over 40 years of experience in the fitness industry which allows us to pass on to you a wealth of knowledge and experience.

100% attendance is required for this course, if you miss any of the dates then it will be your responsibility to ensure you catch up on the missed content.



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COURSE STRUCTURE

Our course is delivered 100% online over a 10 week period.

Each week you will receive a live zoom lecture delivered by one of our experienced tutors. Each lecture will last between 90-120 mins depending on the topic.

You will also have access to over 60 pre-recorded lectures which can be watched in your own time and guidance will be given from your tutor on how to organise this to get the most from the content.

This blended learning approach allows you to study in your own time whilst staying on track with the planned live lectures.



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HOW DO I LEARN?

Our course is packed with learning materials to ensure you leave full of confidence in your ability to coach others.

As part of the course, you will have access to the following:

- ✔ Access to our online learning portal which contains over 60 pre-recorded lectures
- ✔ Weekly live zoom call lectures with our tutors and your cohort group
- ✔ Access to mock exams, practice worksheets and multiple example templates of client case studies
- ✔ Hard copy manual loaded with theory content



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LIVE ZOOM LECTURE TOPICS

Throughout the course you will attend 10 live zoom lectures. Each lecture will be 90-120 mins and will cover the following topics:



ZOOM 1

Consultation, relationship building & goal setting



ZOOM 2

Planes of motion & anatomical terminology
Upper Body Muscles & joint movement



ZOOM 3

Planes of motion & anatomical terminology
Lower Body Muscles & joint movement



ZOOM 4

Coaching Skills



ZOOM 5

Session Structure



ZOOM 6

Developing Energy Systems Part 1 (theory & intervals)



ZOOM 7

Developing Energy Systems Part 2 (metcons, AMRAPs)



ZOOM 8

Strength & Hypertrophy Part 1



ZOOM 9

Strength & Hypertrophy Part 2



ZOOM 10

Advanced Programming

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HOW WILL I BE ASSESSED?

Throughout the course you will have multiple on-going assessments to ensure you have understood all the course content in order to gain the qualification. These include

- ✔ Theory based worksheets
- ✔ Client case study
- ✔ Practical assessments around consultation & session delivery
- ✔ Multiple choice theory exams



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L2 MAIN ASSESSMENT BREAKDOWN

In order to successfully complete the course you will have to pass the following assessments:



L2 THEORY ASSESSMENT

This is a multiple choice exam on the topics of Anatomy & Physiology

The exam contains the following:

50 Questions

105 Mins

70% Pass Required



L2 PRACTICAL ASSESSMENTS

You will have the following practical assessments to complete:

- L2 Consultation
- L2 Practical Session Delivery Assessment



L2 ADDITIONAL ASSESSMENTS

Along with the above assessments you will have the following to complete:

- Theory Worksheets
- Session Planning Tasks
- Creating Client Resource Tasks

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L3 MAIN ASSESSMENT BREAKDOWN

In order to successfully complete the course you will have to pass the following assessments:



L3 THEORY ASSESSMENT

This is a multiple choice exam on the topics of Anatomy & Physiology

The exam contains the following:

40 Questions

90 Mins

70% Pass Required



L3 THEORY ASSESSMENT

This is a multiple choice exam on the topic of Nutrition

The exam contains the following:

40 Questions

90 Mins

70% Pass Required



L3 PRACTICAL ASSESSMENTS

You will have the following practical assessments to complete:

- L3 Consultation
- L3 Practical Session Delivery Assessment



L3 ADDITIONAL ASSESSMENTS

Along with the above assessments you will have the following to complete

- Client Case Study
- Client Resource Pack
- Advanced Training Techniques Assessment



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HOW WILL I BE SUPPORTED?

Firstly, you will have a live zoom lecture with your tutor team each week. This gives you weekly access to our tutors should you have any questions.

You will also have access to our learner support email where you can contact our tutor team at anytime to ask for help.



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DO I NEED ANY QUALIFICATIONS TO START?

Our course contains both the L2 & L3 qualifications you need to get started in the fitness industry.

This means you DO NOT need any previous qualifications to get started.

Anyone over the age of 16 can enrol on our course



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FAQ

DOES THIS QUALIFICATION INCLUDE LEVEL 2?

YES, THIS QUALIFICATION INCLUDES BOTH A L2 & L3 QUALIFICATION APPROVED BY CIMSPA & REPs

ARE THERE ANY PRE-REQUISITES BEFORE SIGNING UP?

THERE ARE NO PRE-REQUISITES FOR THE COURSE BUT ALL LEARNERS MUST BE A MINIMUM AGE OF 16

WHAT TOPICS ARE COVERED IN THIS COURSE?

WE COVER ALL TOPICS NEEDED TO GAIN YOUR QUALIFICATION, INCLUDING: ANATOMY & PHYSIOLOGY, NUTRITION, CONSULTATIONS, PROGRAMME DESIGN, RESISTANCE TRAINING, CARDIOVASCULAR TRAINING & MORE

HOW LONG DOES THE COURSE TAKE?

OUR COURSE IS 10 WEEKS IN LENGTH. THERE IS AN ADDITIONAL 4-6 WEEKS POST COURSE OF DEDICATED TUTOR TIME TO HELP YOU TIDY UP ANY OUTSTANDING ASSESSMENTS



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FAQ

ARE THERE FACE TO FACE TRAINING DAYS IN A GYM?

THERE ARE NO FACE TO FACE DAYS ON THE COURSE, BUT WE HAVE REGULAR PLANNED SEMINARS WHICH YOU ARE WELCOME TO ATTEND AND WOULD BE A HUGE ADDED BONUS FOR YOU

DO I HAVE TO PAY FOR THE FULL COURSE UPFRONT?

NO. WE OFFER PAYMENT PLANS TO MAKE THE COURSE COST MORE MANAGEABLE



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STILL UNSURE?

IF YOU'RE STILL NOT SURE AND WOULD LIKE MORE INFO, THEN CLICK THE LINK BELOW TO GAIN ACCESS TO A FREE LECTURE SO YOU CAN WITNESS FOR YOURSELF THE AMAZING CONTENT YOU WILL HAVE ACCESS TO:

FREE LECTURE

