

YMCA Level 3 Technical Occupational Entry in Exercise and Fitness: Personal Trainer (Diploma)

Course Code: CO5CPTT

Level: 3

Type: Part Time

07/10/2026 - 13/05/2027 (TUE+WED)

09:00 - 16:00

Cambridge Campus

24 Week(s)

£ 1805

Need to speak to us about a course?

01223 226315

enquiry@camre.ac.uk

Apply Here:

https://www.camre.ac.uk/course/pdf/CO5CPTT/

About the course

By completing this qualification, existing gym instructors can expand their scope of practice to deliver personal training. This qualification meets industry requirements to become a Personal Trainer, as set out within the CIMSPA Personal Trainer professional standard. Skills England Leisure Team Member occupational standard.

The purpose of this qualification is to enable learners to:

- Consult and assess clients' needs and support them towards their health and fitness goals.
- Plan, deliver and evaluate indoor and outdoor personal training sessions to support individuals (one-

to-one) and small groups.
- Apply methods of marketing and promoting their own personal training business.

Working as a Personal Trainer is a fabulous opportunity to use your skills and motivation to help a wide range of clients to reach and in most cases exceed their goals. In today's society it is well documented that we all need to live healthy and more active lifestyles but with the ever-increasing pressure of life most of us struggle to get there. A career as a Personal Trainer is hugely rewarding and to be in a position where you can impact positively in someone's life is a great privilege.

Progression and career opportunities
This qualification is an occupational entry qualification. This means it meets the agreed industry prerequisites to enter the sport and physical activity sector as an employed or self-employed Personal Trainer.

This qualification can also lead onto many other courses at the same level and/or higher level to specialise and further increase scope of practise.

Entry requirements
You must be aged 18 and over, have basic skills in communication pitched at Level 3 and above. Hold an endorsed CIMSPA Gym Instructor professional standard qualification. Work experience or current employment with the fitness industry is desirable. You will have an active interest in sport and will be anticipating a career related to the leisure industry. You will sit an entrance exam and must be able to pass a fitness test.

Assessment
The course will be delivered in a variety of ways, with face-to-face contact and distance learning from home. Therefore, you will be required to be motivated and organised to ensure you complete your studies timely as there are seven mandatory units on the course to cover and complete. The tutors on the course will be able to guide you and answer all queries whilst you are on the course. You will attend specific dates to carry out your practical and theory studies.

Assessment methods on this course will consist of consultation and assessment, professional discussion, design of progressive exercise programme, training log, demonstration of personal training skills (1:1), demonstration of personal training skills (small group) and showcase presentation.

Disclaimer

Whilst every effort is made to ensure the information is correct, some details may be subject to change. Cambridge Regional College reserves the right to make amendments to the courses, dates, fees or other details, and to make cancellations or changes if numbers are insufficient.