

Exercise Referral Level 3

Active IQ Diploma - 3 - 6 Month Programme

OVERVIEW

The Exercise Referral Qualification is designed for fitness professionals who want to specialise in creating safe, effective exercise programmes for clients referred through medical or community-based schemes. Learners will develop the skills to design, deliver, and adapt exercise programmes for participants with a range of common referral conditions, supporting health, wellbeing, and long-term physical activity.

Delivered fully remotely, Educationwise allows learners to study at their own pace with tutor support, ensuring flexible learning that fits around professional and personal commitments.

Key Features

- Develops skills to deliver safe, effective exercise programmes for referred clients
- Provides knowledge of common medical conditions and referral pathways
- Builds confidence in adapting and reviewing exercise plans
- Focuses on client communication, motivation, and behaviour management
- Delivered fully online, with flexible access to learning materials and tutor support
- Progression routes to Level 4 Exercise and Nutrition qualifications

The following six units, 38 credits must be completed for the full qualification

Module	Topic
1	Anatomy and physiology for exercise and health
2	Professional Practice for Exercise Referral Instructors
3	Understanding Medical Conditions for Exercise Referral
4	Applying the principles of nutrition and physical activity
5	Planning Exercise Referral Programmes with Patients
6	Instructing Exercise with Referred Patients



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ABOUT THE COURSE

What you will learn

- Understanding common medical conditions and reasons for referral onto exercise programmes
- Designing, agreeing, and delivering safe and effective exercise plans for clients
- Reviewing and adapting programmes based on client progress and feedback
- Motivation, engagement, and behaviour management strategies for diverse participants
- Working within professional and legal guidelines, including health, safety, and safeguarding
- Using digital tools to support exercise delivery and track client outcomes

Payment Options

You have two flexible options for funding this qualification:

Pay Upfront

- A one-time payment covers the full cost of the course and all learning materials.

Advance Learner Loan

- Eligible learners can access an Advance Learner Loan to fund the course.
- This loan allows you to study now and pay later, spreading the cost over time.
- Repayments begin only after you are earning over the repayment threshold.
- Advance Learner Loans make it possible to upskill without upfront financial strain.
- Educationwise provides guidance on applying for the loan and understanding eligibility, ensuring you can access funding confidently.

Entry Requirements

Learners must hold one of the following:

- Level 2 Certificate in Fitness Instructing (Gym/Exercise to Music or Aqua) or equivalent (including qualifications that give entry to the REPs Physical Activity Advisor category)
- Level 3 Certificate in Personal Training
- Level 3 Diploma in Instructing Pilates Matwork
- Level 3 Diploma in Teaching Yoga

Progression

Completion of this qualification can lead to:

- Active IQ Level 4 Certificate in Exercise for the Management of Lower Back Pain
- Active IQ Level 4 Certificate in Exercise and Nutritional Interventions for Obesity and Diabetes

Why Choose This Course?

- Fully remote and flexible delivery for busy professionals
- Focused on practical skills for real-world exercise referral scenarios
- Supported by experienced tutors with industry knowledge
- Can be funded via Advance Learner Loan for accessible upskilling
- Recognised qualification that opens progression into advanced exercise and health roles



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www.educationwisegroup.co.uk