

# Personal Training & Gym Instructing Levels 2 & 3

NFCE Diploma - 16 - 12 Month Programme

## OVERVIEW

The NCFE Level 3 Diploma in Personal Training & Gym Instructing is designed for individuals who want to begin or progress a career as a qualified personal trainer within the fitness industry. Combining both the Level 2 Gym Instructor and Level 3 Personal Trainer qualifications into one programme, the course develops the knowledge, skills and confidence needed to support clients in gyms, health clubs and fitness environments.

Delivered fully remotely by Educationwise, learners can study flexibly at their own pace with full tutor support. This approach allows learners to progress around existing work, study or personal commitments while gaining industry-recognised qualifications.

## Key Features

- Combines Level 2 Gym Instructor and Level 3 Personal Trainer qualifications in one programme
- Develops skills to design and deliver safe, effective exercise programmes
- Builds strong knowledge of anatomy, physiology and exercise science
- Strengthens client consultation, communication and behaviour change strategies
- Explores nutrition principles to support health, fitness and performance goals
- Includes business knowledge for those planning to work as self-employed personal trainers
- Delivered fully online with flexible access to learning materials and tutor support
- Progression into advanced fitness, nutrition and specialist coaching qualifications

**The following twelve units must be completed for the full qualification**

Module	Topic
1	Anatomy and Physiology for Exercise
2	Maximising the Customer Experience in a Gym Environment
3	Supporting Client Health and Well-Being
4	Conducting Client Consultations and Gym Inductions
5	Planning and Reviewing Gym-Based Exercise Programmes
6	Instructing and Supervising Gym-Based Exercise Programmes



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Module	Topic
7	Applied Anatomy and Physiology for Activity, Health and Fitness
8	Client Motivation and Lifestyle Management
9	Programming Personal Training Sessions
10	Delivering Personal Training Sessions
11	Nutrition to Support a Physical Activity Programme
12	Business Acumen for Personal Trainers

## ABOUT THE COURSE

### What you will learn

- Understanding anatomy, physiology and the principles of exercise relevant to gym instruction and personal training
- How to plan, deliver and review safe and effective exercise sessions in gym environments
- Designing personalised training programmes based on client goals, needs and fitness levels
- Client consultation techniques including screening, assessment and goal setting
- Nutrition principles to support health, fitness and performance outcomes
- Motivation and behaviour change strategies to help clients maintain long-term activity habits
- Professional standards, health and safety responsibilities and effective client care
- Business awareness and marketing approaches for personal trainers working independently

### Payment Options

#### 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.



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