

Personal Training Level 3

NCFE Diploma - 6 - 12 Month Programme

OVERVIEW

The NCFE Level 3 Diploma in Personal Training is designed for fitness professionals who want to progress into a fully qualified personal trainer role. This qualification builds on existing gym instructing knowledge and develops the advanced skills needed to design, deliver, and evaluate personalised training programmes for a wide range of clients.

Delivered fully remotely by Educationwise, learners can study flexibly at their own pace with full tutor support, making it ideal for those balancing work, study, and personal commitments.

Key Features

- Develops advanced skills in personal training programme design and delivery
- Builds in-depth knowledge of anatomy, physiology, and exercise science
- Strengthens client communication, consultation, and behaviour change strategies
- Explores nutrition principles to support health and fitness goals
- Includes business skills for those wanting to work independently as a personal trainer
- Delivered fully online with flexible access to learning materials and tutor support
- Progression into advanced fitness, nutrition, and specialist coaching qualifications

The following six units must be completed for the full qualification

Module	Topic
1	Applied Anatomy and Physiology for Activity, Health and Fitness
2	Client Motivation and Lifestyle Management
3	Programming Personal Training Sessions
4	Delivering Personal Training Sessions
5	Nutrition to Support a Physical Activity Programme
6	Business Acumen for Personal Trainers



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ABOUT THE COURSE

What you will learn

- Advanced anatomy and physiology relevant to personal training
- How to design tailored, goal-driven exercise programmes for a range of clients
- Client consultation techniques, screening, and assessment methods
- Nutrition principles to support training and lifestyle outcomes
- Behaviour change strategies to improve client adherence and motivation
- Legal, ethical, and professional responsibilities in personal training
- How to plan, deliver, and review effective personal training sessions
- Foundations of setting up and managing a personal training business

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 the following:

- Level 2 Certificate in Gym Instructing (or equivalent qualification)

Progression

Completion of this qualification can lead to:

- Advanced personal training and strength and conditioning roles
- Specialist qualifications in nutrition, weight management, and sports performance
- Further study in higher-level fitness and coaching qualifications

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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