



Scan the **QR code** to view the course page!



# PERSONAL TRAINER

## Apprenticeship

Level 3

Nationwide

12 Month Course

### Fully funded for eligible learners

- 18+ Years of age
- UK resident for the last 3 years
- Not enrolled in another government funded course

## HOW IT WORKS

In a 12-month programme, learners gain skills, knowledge and behaviours for the End Point Assessment.

It includes classroom sessions, mentoring, off-site visits and 20% off-the-job training. At the Gateway stage, progress is reviewed for the on-programme assessment.

The End Point Assessment evaluates proficiency through tests, interviews, portfolio assessment and professional discussion.

## Curriculum

1. Anatomy and physiology
2. Exercise science and biomechanics
3. Nutrition and dietetics
4. Fitness assessment and goal setting
5. Exercise programming and progression
6. Cardiovascular training techniques
7. Injury prevention and rehabilitation
8. Client communication and motivation
9. Business and marketing skills



Learners will obtain a Level 3 Qualification in Personal Training & a Level 2 in Gym Instructing



Learners yet to pass Maths or English will obtain a Level 2 qualification



Training is carefully tailored to meet specific business needs



A blend of weekly online classes and quarterly face-to-face visits

## Social Media

### Instagram:

Educationwise\_Group

### Facebook:

Educationwise Academy

### LinkedIn:

Educationwise Academy

## CONTACT US

### Telephone:

0117 379 0450

### Email:

applications@education-wise.org

### Website:

<https://educationwisegroup.co.uk/>