



NCFE Level 3 Diploma in Fitness Instructing and Personal Training Yr 1 of 2 [Full-Time]

The year 1 of the qualification combines the L3 Certificate In Sport and the L2 Gym instructors award. Together the qualification enables the learner to form a sound knowledge of working in the Gym environment and develops general knowledge and interpersonal skills to support them if they wish to progress to further study for FE/Higher Education.

Entry Requirements

4 GCSEs Grade C and above

Career Prospects

The aim of the Level 2 Gym Certificate in Fitness Instructing qualification is to train learners to a professionally competent level, enabling them to prescribe, plan and deliver safe and effective exercise programmes within a gym or health club environment as a Level 2 Fitness Instructor.

Course Modules

L3 Certificate unit examples;
Exercise, health & Lifestyle,
Work experience in Sport

The qualification requires learners to be motivated, educated and driven in all the units to complete the various assessments and coursework throughout the qualification. There are no exams in this part of the qualification.

After successful completion of Year 1, learners will be able to progress onto year 2.

In Year 2 of the qualification, learners will top up to a 1.5 A level equivalent L3 Diploma alongside the L3 Diploma in Personal Training.

Coleg Afan
Coleg Bannau Brycheiniog
Academi Chwaraeon Llandarcy
Canolfan Ragoriaeth Adeiladwaith Maesteg
Coleg Castell-nedd
Coleg Y Drenewydd
Coleg Pontardawe
Canolfan Adeiladwaith Abertawe

Afan College
Brecon Beacons College
Llandarcy Academy of Sport
Maesteg Construction Centre of Excellence
Neath College
Newtown College
Pontardawe College
Swansea Construction Centre



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Assessment

Units covered are :

Instructing physical activity and exercise

Practical Assessment in the gym environment and an assessment in Anatomy & Physiology.

Assessment methods will include:

- Coursework/Project.
- Multiple Choice Examination.
- Portfolio of Evidence.
- Practical Demonstration/Assignment.

Additional Costs

There will be additional course-related costs.

STUDY MODE

FT

LOCATION

Llandarcy Academy of Sport - 0330 818 8100

COURSE LENGTH

1Y

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