

## Personal Training

	Legacy (existing qualification)  YMCA Level 3 Diploma in Personal Training (Practitioner) (603/2438/7)	IfATE  <u>Level 3 Technical Occupational Entry in Exercise and Fitness: Personal Trainer (Diploma) (610/3995/0)</u>
GLH	229	305
TQT	367	499
Number of units	6	6
Number of assessment tasks	8	7

### Units

YMCA Level 3 Diploma in Personal Training (Practitioner) (603/2438/7)	<u>Level 3 Technical Occupational Entry in Exercise and Fitness: Personal Trainer (Diploma) (610/3995/0)</u>
Applied Anatomy and Physiology (A/616/4747)	Anatomy and physiology for exercise and fitness professionals (H/650/4852)
Nutrition to support physical activity (L/616/4753)	Nutrition for physical activity and exercise (F/650/6219)
Promoting wellness through client motivation and interaction (J/616/4749)	Consultation and assessment for personal training (K/650/4863)
Bespoke exercise programme design (F/616/4751)	Plan, deliver, and evaluate personal training (M/650/4865)
Customised exercise programme instruction and communication techniques (J/616/4752)	N/A
N/A	Plan, deliver, and evaluate outdoor training (J/650/4862)
Business acumen for a successful Personal Training Practice (Y/616/4755)	Business acumen for health and fitness professionals (F/650/7416)

### Differences in assessments

#### Anatomy and physiology

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Learners completing the Applied anatomy and physiology (A/616/4747) unit must complete the following assessment task:

Assessment element 1 Multiple choice theory paper (section 1)

- Invigilated
- Section 1 of theory paper 30 mins
- 20 questions
- Pass mark 14 (70%)

Assessment element 2 Assessment workbook Section 1

Learners completing the Anatomy and physiology for exercise and fitness professionals (H/650/4852) unit must complete the following assessment task:

Assessment element 1: Questions/ answers on anatomy and physiology and presentation on the effects of exercise

5.1 Consultation and assessment and professional discussion

This assessment is split into two parts:

- Information gathering
- Professional discussion

5.2. Design of a progressive exercise programme and professional discussion

This assessment is split into three parts:

- Progressive exercise programme
- First session plan template
- Professional discussion

5.3. Training log and professional discussion

This assessment is split into two parts:

- Training log
- Professional discussion

**Nutrition**

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Assessment element 1

Multiple choice theory paper (section 2)

- Invigilated
- Section 2 of theory paper (nutrition) 15 mins
- 10 questions
- Pass mark 7 (70%)

Assessment element 2 Assessment workbook (section 5)

Assessment element 3

Personal Training Showcase portfolio

5.1 Consultation and assessment and professional discussion

5.3. Training log and professional discussion

## PT specific units

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Assessment element 2 Assessment workbook (sections 2,3,4,)  Assessment element 3 Personal Training Showcase portfolio  Assessment element 4 Learner log	5.2. Design of a progressive exercise programme and professional discussion  5.3. Training log and professional discussion  5.4 Demonstration of personal training skills (1:1)  5.5 Demonstration of personal training skills (small group)  5.6 Showcase presentation This assessment is split into 2 tasks: <ul style="list-style-type: none"><li>• Presentation (10 mins +/- 10%)</li><li>• Professional discussion</li></ul>

## Business

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Assessment element 2 Assessment workbook (section 6)  Assessment element 3 Personal Training Showcase (task 5)	5.6 Showcase presentation