

Qualification Specification

Focus Awards Level 3 NVQ Diploma in
Personal Training (RQF)

601/4888/3



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Qualification Details

QRN: 601/4888/3

Credit: 48

GLH: 295

TQT: 480

Qualification Purpose

The purpose of this qualification is to provide learners with the necessary skills, knowledge and competence to work unsupervised as a personal trainer in sport and active leisure.

The Focus Awards Level 3 NVQ Diploma in Personal Training (RQF) is aimed at exercise instructors who are capable of planning, delivering and evaluating physical activity programmes independently and without direct supervision.

Learner Entry Requirements

- Some experience of gym-based exercises, including free weights, is highly recommended
- The qualification requires physical exertion and individual participation is essential; therefore, a degree of physical fitness is necessary.
- There is also an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication at level 2

Age Ranges

Entry is at the discretion of the centre; however learners should be 16 to undertake this qualification.

Please note that 16 to 18 year-olds may need to be supervised in the workplace, once they have achieved the qualification

Geographical Coverage

This qualification is available in England and Northern Ireland.

Reasonable Adjustments and Special Considerations

Please refer to the Focus Awards 'Focus Awards Reasonable Adjustments and Special Consideration Policy'.

Assessment Methods

The Level 3 NVQ Diploma in Personal Training (RQF) is internally assessed.

Each learner is required to create a portfolio of evidence which demonstrates achievement of all the learning outcomes and assessment criteria associated with each unit.

The main pieces of evidence for the portfolio could include;

- Assessor observation – completed observational checklists on related action plans
- Witness Testimony
- Learner product
- Worksheets
- Assignments/projects/reports
- Record of oral and written questioning
- Learner and peer reports
- Recognition of prior learning (RPL)

Evidence may be drawn from actual or simulated situations where appropriate.

Progression Routes

Learners wishing to progress from this qualification can undertake the following qualifications or any qualification at level 3 within the sector:

Level 4 NVQ in Sport and Active Leisure
 Level 3 Certificate in Personal Training
 Level 3 Diploma in Leisure Management

Useful websites and supporting materials

- www.focusawards.org.uk/supportingmaterials
- <https://focusexerciseprofessionals.uk/>

Qualification Structure/Rules of Combination

Learners must achieve 48 credits from 9 mandatory units.

There is an additional unit available to learners. Credit from this unit does not count towards the full qualification

Unit Title	Unit Ref	Level	GLH	Credit
Mandatory Units				
Principles of exercise, fitness and health	A/600/9017	2	28	4
Anatomy and physiology for exercise and health	A/600/9051	3	43	6
Promote health, safety and welfare in active leisure and recreation	D/601/4484	2	30	4
Reflect on and develop own practice in providing exercise and physical activity	F/601/7362	2	23	4
Design, manage and adapt a personal training programme with clients	H/601/7760	3	30	6
Motivate clients to maintain long term adherence to exercise and physical activity	K/601/7758	3	15	4
Deliver exercise and physical activity as part of a personal training programme	K/601/7761	3	70	10
Evaluate exercise and physical activity programmes	M/601/7759	3	14	3
Apply the principles of nutrition to support client goals as part of an exercise and physical activity programme	M/601/7762	3	42	7
Additional Unit				
Plan, market and sell services	T/601/7763	3	26	5

Requirements for Tutors

Tutors delivering the qualification will be required to hold or be working towards a teaching qualification. This may include qualifications such as the Levels 3, 4 or 5 in Education and Training, or a Certificate in Education. Focus Awards will however; consider other teaching qualifications upon submission. Tutors must also be able to demonstrate that they are occupationally competent within the sector area.

Requirements for assessors:

Assessors will be required to hold, or be working towards a relevant assessing qualification. This may include qualifications such as the Level 3 Certificate in Assessing Vocational Achievement, or the Level 3 Award in Assessing Competence in the Work Environment. Focus Awards will however; consider other relevant assessing qualifications upon submission. Trainee assessors who do not hold an assessment qualification will require their decisions to be countersigned by a suitably qualified assessor. Assessors must also be able to show they are occupationally competent within the sector area.

Requirements for Internal Quality Assurers (IQA):

Internal Quality Assurers should hold or be working towards the following an IQA qualification. This may include qualifications such as the V1 (previously D34), or the Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice. Focus Awards will however; consider other relevant IQA qualifications upon submission. Trainee IQAs who do not hold an IQA qualification will require their decisions to be countersigned by a suitably qualified IQA. IQAs must be able to demonstrate occupational competence.