



# Focus Awards Level 3 Diploma Master Personal Training (RQF)

603/7655/7

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## Qualification Summary

Level	Sector	Qualification Type
3	Sports, Leisure and Recreation	Occupational Qualification
Total Qualification Time	Credit Value	Guided Learning Hours
900	90	626
Status	Methods of Assessment	Minimum Age
Available to Learners	Portfolio of Evidence	16



# Focus Awards Level 3 Diploma Master Personal Training (RQF)

QRN: 603/7655/7

GLH: 626

TQT: 900

Credit: 90

## Qualification Purpose:

The Focus Awards Level 3 Diploma Master Personal Training (RQF) qualification combines the knowledge and skills required to work as an advanced Personal Trainer. Learners will cover the basics of anatomy, planning personal training sessions, circuit sessions, strength and conditioning, outdoor fitness, exercise referral, and life coaching.

Learners can also choose to complete additional units in studio cycling or advanced stretching.

## Age Range

Entry is at the discretion of the centre. However, learners should be aged 16 to undertake this qualification

## Geographical Coverage

This qualification is available in England.

## Learner Entry Requirements:

Learners must have the necessary underpinning knowledge at Level 2. Therefore, learners must have already achieved a Level 2 Certificate in Fitness Instructing in Gym, or equivalent. The course requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary. There is an element of communication (discussing, presenting, reading, and writing) and the application of numbers involved, so learners should have basic skills in communication and numeracy at Levels 3 and 2 respectively.

## Reasonable Adjustments and Special Considerations

Please refer to the Focus Awards 'Reasonable Adjustments and Special Considerations Policy'. A copy is available for download from the Focus Awards website at the following url: <https://www.focusawards.org.uk/wp-content/uploads/2016/08/Reasonable-Adjustments.pdf>

## Assessment Methods

This qualification is Internally Assessed. Each learner must create a portfolio of evidence that demonstrates achievement of all the learning outcomes and assessment criteria associated with each unit.

The main pieces of evidence for the portfolio could include some or all of the following:

- Assessor observation
- Witness testimony
- Learner product
- Worksheets
- Assignments/projects/reports
- Record of oral and written questioning
- Learner and peer reports
- Recognition of prior learning (RPL)

## Progression Routes

Learners seeking progress from this qualification can advance their skills further through the following:

- Level 4 Certificate in Nutrition for Weight Management and Athletic Performance (RQF)
- Level 4 Certificate for Advanced Personal Trainers (RQF)
- Level 4 Certificate in Delivering Physical Activity for Individuals with Mental Health Conditions (RQF)

## Supporting Material and Useful Websites

- <https://focusawards.org.uk/supportingmaterials>
- <https://ofqual.gov.uk>

## Mandatory Units

Unit Title	Unit Reference	Level	Credit	Guided Learning Hours
Anatomy Physiology and Kinesiology for Exercise and Health	K/617/8594	3	6	43
Applying Nutritional Principles to Personal Training	M/617/8595	3	6	40
Planning Exercise Programme Design for Personal Training Clients	T/617/8596	3	7	47
Delivering Exercise Programmes for Personal Training Sessions	A/617/8597	3	9	58
Business Acumen and the Use of Information Technology for a Personal Trainer	F/617/8598	3	5	35
Planning Circuit Sessions	J/617/6271	2	4	24
Delivering Circuit Sessions	Y/617/6274	2	6	36
Planning Outdoor Fitness	J/618/7688	3	1	11
Delivering Outdoor Fitness	L/618/7689	3	2	11
Collecting information for Sports Conditioning Programming	F/618/7690	3	1	8
Analysing Sporting Activities for Sports Conditioning	J/618/7691	3	1	8
Planning Sports Conditioning Events and Activities	L/618/7692	3	1	8
Planning Exercise Referral Programmes with Patients	D/503/7494	3	8	52
Understanding Medical Conditions for Exercise Referral	R/503/7492	4	7	35
Professional Practice for Exercise Referral Instructors	Y/503/7493	3	2	14
Instructing Exercise with Referred Patients	L/503/7491	3	9	58
Planning Exercise to Support Obese Clients	M/617/6300	4	3	22
Delivering Exercise to Support Obese Clients	T/617/6301	4	4	22
Behavioural Strategies for Managing Obesity	A/617/6302	4	5	33

Classification of Obesity	F/617/6303	4	4	21
Fundamentals of Life Coaching	R/618/7693	3	1	15
Delivering a Life Coaching Programme	Y/618/7694	3	2	14
Utilising Communication Skills for Life Coaching	D/618/7695	3	2	11

## Optional Group A

Unit Title	Unit Reference	Level	Credit	Guided Learning Hours
Planning Studio Cycling Sessions	R/615/9716	2	2	8
Instructing Studio Cycling Sessions	M/615/9724	2	2	10

## Optional Group B

Unit Title	Unit Reference	Level	Credit	Guided Learning Hours
Introduction to Advanced Stretching	H/618/7696	2	1	8
Advanced Stretching Techniques and Progressions	K/618/7697	2	1	9
Programming and Instructing Advanced Stretching	M/618/7698	2	1	9

## Staff Requirements

### Requirements for Tutors/Instructors

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 includes qualifications such as:

- Level 3 Award in Assessing Competence in the Work Environment
- Level 3 Award in Assessing Vocationally-Related Achievement
- Level 3 Certificate in Assessing Vocational Achievement

Focus Awards will however; consider other relevant assessing qualifications upon submission.

Assessors who only hold the Level 3 Award in Understanding the Principles and Processes of Assessment will be required to complete an additional programme of study to achieve the relevant competency units required for one of the qualifications listed above.

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.