



FOCUS AWARDS 

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

603/7654/5

Silicon House, Farfield Park, Manvers, Rotherham S63 5DB

Qualification Summary

Key Information

Level

3

Sector

Sport, Leisure and Recreation

Qualification Type

Occupational Qualification

Total Qualification Time

750

Credit Value

75

Guided Learning Hours

488

Status

Available to Learners

Methods of Assessment

Portfolio of Evidence

Minimum Age

16



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

QRN: 603/7654/5

GLH: 488

TQT: 750

Credit: 75

Qualification Purpose:

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

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

Age Ranges

Entry is at the discretion of the centre; however, learners should be at least 18 to undertake this qualification.

Geographical Coverage

This qualification is available in England and Northern Ireland.

Learner Entry Requirements

Learners must have completed a level 2 fitness instructing qualification prior to commencing the qualification. Focus Awards does not set any other entry requirements, but additional criteria may be requested or specified by the centre.



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:

- Focus Awards Level 4 Certificate in Nutrition for Weight Management and Athletic Performance (RQF)
- Focus Awards Level 4 Certificate for Advanced Personal Trainers (RQF)
- Focus Awards 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>



Qualification Structure

To be awarded the Focus Awards Level 4 Certificate in Aesthetic Practice Core Knowledge and Advanced Skin Science (RQF) learners must achieve a total of 2 mandatory units to achieve a total of 21 credits.

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

Optional Units

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
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.

