

Advanced Apprenticeship in Instructing Physical Activity & Exercise



LEVEL: 3

DURATION: APPROX. 6 - 9 MONTHS

building better lives



Introduction

This practical, work-based course uses hands-on training to develop your skills and provide you with qualifications related to your job.

This course is ideal for...

candidates with existing knowledge and skills in gym instruction who want to pursue a career in personal training.

Why choose this course?

Your qualification will be nationally recognised and relevant to your work.

We provide excellent learning resources and materials.

You'll enjoy exceptional, tutor-led workshop days.

CMS is an approved academy provider for the NSA in Yorkshire and Humberside. This guarantees high quality delivery, support and employer flexibility

What skills and knowledge will I develop?

- Anatomy and physiology, functional kinesiology and concepts and components of fitness
- Collation and analysis of client information using approved techniques
- Planning and delivering a physical activity session in a variety of environments using various resources
- Preparation for employment or self-employment
- Delivering tailored advice to clients on nutrition for physical activity

Course outline

Level 3 NVQ in Instructing Physical activity and Exercise

Level 3 Certificate Personal Training

Level 3 Certificate in Industry and Organisational Awareness in the Active Leisure and Learning Sector

First Aid Appointed Persons (1 day)

Level 2 Application of Number

Level 2 Communication

How will I learn?

You'll learn through your day-to-day work and on-the-job training.

You can also make use of:

- online learning
- workshops
- tutorials
- distance learning
- DVDs
- manuals and workbooks

How will I be assessed?

1. Multiple choice papers
2. Worksheets and case studies
3. Observation of programme delivery
4. A portfolio of work-based evidence.

Will I need any special equipment?

No. However, the course requires exertion and individual participation, so you must be reasonably fit.



How do I apply?

For more information about courses please contact us on 01484 434800

or visit www.cmsvoc.co.uk

or email fitnessacademy@cmsvoc.co.uk