

Level 3 Certificate in Planning and Delivering Personal Training: Modules

- Anatomy, physiology and kinesiology
 - Understanding bones
 - Understanding joints
 - Understand postural and core stability
 - Understand the heart and circulatory system and its relation to exercise and health

- Lifestyle management and client motivation
 - Be able to collect and analyse nutritional information and apply the principles of nutrition to a physical activity programme
 - Nutrition and physical activity

- Health and wellbeing
 - Understand components of a healthy lifestyle and factors that affect health and wellbeing
 - Motivational theories/approaches: e.g. arousal theories, stages of change /transtheoretical model, motivational interviewing. 3 - 006 Motivational theories/approaches: e.g. arousal theories, stages of change /transtheoretical model, motivational interviewing.

- Exercise programme design and delivery
 - Consultations
 - Health benefits if exercise
 - Goals
 - Resistance training
 - Cardiovascular systems
 - Periodisation and principles of progressive training
 - ACSM guidelines
 - RPE

- Exercise technique
 - Exercises
 - Movement patterns, muscle actions, components of fitness
 - Technique, how to adapt, progress and regress strategies as required

- Information technology
 - Technology systems to support your PT career

- Professional practice

- Health and safety considerations
 - Policies/procedures to follow
- Communication
 - Interaction with clients and professionals
 - Communication techniques
- Business acumen
 - Marketing
 - Business planning
 - Finance