

Personal Training (Gym)

Certificate Level 3 VRQ

Awarding Body OCR

Course Details

To achieve this qualification, candidates must complete a total of 3 mandatory units:

- Advanced Exercise & Fitness Knowledge.
- Advanced Resistance Training.
- Advanced Cardio Vascular Training.

A Course for

Those who need or wish to hold membership of the Register of Exercise Professionals at Level 3.

Entry Requirements

- Candidates are advised to first achieve either the Level 2 OCR Certificate in Teaching Exercise & Fitness or a comparable industry related qualification
- or alternatively be able to provide evidence of their knowledge gained (APL) at Level 2.

Assessment

- Unit 1 is a centre-marked test, externally verified by OCR.
- Units 2 and 3 are externally verified by OCR.

Learning Outcome

Level 3 VRQ Certificate in Personal Training (Gym).

Progression after Programme

Foundation Degree in Sports Coaching and Exercise.

**ALL FEES ARE SUBJECT TO REVIEW
PLEASE REFER TO PART TIME PROSPECTUS**

FACTFILE	
Attendance	Part Time
Duration	25 weeks
Starting	22/09/2011
Location	Corporation Road
Timetable	Thursday 18.00-21.00
Course Tutor	Graham Timms
Revision Date	June 2011
Division	Visual Arts, Sport, Public Services & Travel & Tourism