



Personal Trainer (Gym based) Diploma - PS305

This Level 3 course is a technical level qualification that will develop your knowledge, understanding and technical skills needed for a career in sport and the active leisure industry as a personal trainer in gym based exercise.

This qualification is approved by the Register of Exercise Professionals (REPS) upon successful completion of this qualification you will be eligible to register onto REPS and endorsed by CIMSPA (Chartered Institute for the Management of Sport and Physical Activity).

COURSE DETAILS

Units of study will include:

- Applied anatomy and physiology for exercise, health and fitness
- Understanding lifestyle, health, well-being and common medical conditions
- Encouraging positive health and fitness behaviour in clients
- Professionalism and business acumen for personal trainers
- The principles of nutrition and their application to exercise and health
- Programme design and delivery for personal training

ENTRY GUIDELINES

- Level 3 courses are usually 2 years in length.
- You will need 4 GCSE's at Grade 4 or above. One of the 4 GCSE's to be Maths or English at Grade 4 (or functional skill level 2) to study at this level.

- If you have a level 2 qualification in the subject you want to study and a maths or English GCSE at Grade 4 (or functional skill level 2) you can study at this level.
- Entry requirements for Level 3 courses in some sectors may be more specific. If you're unsure whether you meet these requirements, don't worry — we can help you find a suitable course that aligns with your skills and experience.

If English is not your first language, you may need an assessment before enrolling on this course. To discuss further, please contact the ESOL department on 0151 551 7144.

EQUIPMENT REQUIRED

You will need to purchase a college specified kit. More information will be given at interview.

ASSESSMENT METHOD

The course is assessed using a combination of practical and portfolio-based activities.

ADDITIONAL INFORMATION

Are you aged 16-18?

Study programmes are full-time courses for 16-18 year olds which include:

- A qualification such as BTEC Extended Diploma
- Meaningful work experience or preparation for work
- English and maths, if you don't already have GCSE grade 9-4 (A* - C) in English and maths
- Non-study activities such as tutorials, voluntary work, fund-raising/charity work, sport or trips

WHERE CAN I PROGRESS TO?

At the end of the course, you could progress to:

K040 - Sports and Exercise Science Level 3

K077 - Military Preparation Level 3

Employment in the sports and fitness industry

Explore potential careers via [Career Match](#) — it provides current local data on wages and employment prospects.

WHEN DOES THIS COURSE RUN?

CAMPUS	STARTS	ATTENDANCE	COURSE CODE	PLANNED TIME TABLE
	08th Sep 2025	Full Time	PS305-25	
<p>If you are aged 16-18:</p> <p>This study programme will be FREE for most students who are aged 16-18 on 31 August, or students aged 19-24 with an Education, Health & Care Plan.</p> <p>If you are aged 19 or over:</p> <p>Fee : £811.00</p> <p><i>The fee quoted is for the academic year 25/26.</i></p>				

For advice and guidance, please contact Student Services via our [online enquiry form](#)

This information was current on 01st August, 2025 and may be subject to change.