CYQ Certificate in Personal Training

The CYQ Certificate in Personal Training provides you with all of the skills you need to develop a successful career as a personal trainer. The course covers all the elements you will need to work on a one to one basis with a broad client base, including initial fitness testing, nutritional analysis, initial program design, and long term program management. The qualification is open as a progression route to learners who have completed the Gym Instructor or Exercise to Music qualification.

**What does the course cover?**

* - Anatomy & Physiology for Exercise
* - Nutrition for Physical Activity & Performance
* - Fitness Testing for Health, Fitness & Performance
* - Principles of Training for Health, Fitness & Performance
* - Guidelines to Planning, Teaching and Instruction in a Variety of Fitness Environments
* - Design & Management of Training Programme for a Range of Clients
* - Strategies to Maintain Motivation and Promote Long Term Adherence

**How is the course delivered?**

* The course is delivered using a blended learning approach that combines home study with twelve days of traditional tutor led delivery.
* You will be assessed approximately four weeks following the last taught session of your course, when you will be required to submit your case study and undertake a viva.

**How is the course assessed?**

* - Level 3 Anatomy & Physiology Theory Paper
* - Level 3 Nutrition for Physical Activity Theory Paper
* - Nutrition for Physical Activity Case Study
* - Practical Assessment of Ability to Administer a Range of Fitness Tests
* - Practical Assessment of an Personal Training Session
* - Personal Training Case Study