**BTEC Level 3 Fitness and Personal Training**

**New applicant activity**

**Why are BTECs so successful?**

BTECs embody a fundamentally learner-centred approach to the curriculum, with a flexible, unit-based structure and knowledge applied in project-based assessments. They focus on the holistic development of the practical, interpersonal and thinking skills required to be able to succeed in employment and higher education.

**Who is this qualification for?**

The Pearson BTEC Level 3 National Extended Certificate in Sport and Fitness is intended for post-16 learners who want to progress directly to employment in the health and fitness sector. It is also suitable for those wishing to progress to higher education, where they may use this qualification to obtain part-time employment while studying.

**What does this qualification cover?**

The content of this qualification has been developed in consultation with employers and professional bodies. This ensures that it is appropriate and consistent with current industry practice to enable learners to enter direct employment in the health and fitness sector. Higher-education institutions have also been consulted to ensure that the qualification allows appropriate progression for those aspiring to go on to higher-level study.

The qualification provides the knowledge and develops the skills and application required for professional accreditation with the Register of Exercise Professionals (REPs) and the Chartered

Institute of Management for Sport and Physical Activity (CIMSPA) Gym Instructor standards.

The Gym Instructor Standards are a prerequisite for all professional roles in the sector.

On successful completion of the qualification, learners will be qualified to apply for membership of CIMPSA and REPs.

Learners taking this qualification will study seven mandatory units:

• Unit A: Careers in the Sport and Active Leisure Industry

• Unit B: Health, Wellbeing and Sport

• Unit C2: Fitness Skills Development

• Unit D2: Personal Trainer Skills Development

• Unit 2: Self-employment in Sport and Physical Activity

• Unit 4: Nutrition for Physical Performance

• Unit 21: Business and Technology in Personal Training.

**What could this qualification lead to?**

This qualification is aimed at learners looking to progress to employment, particularly self-employment, in the sector as a gym instructor. Self-employment in this industry is common, with many instructors working in a freelance capacity across a number of health and fitness providers in a local area.

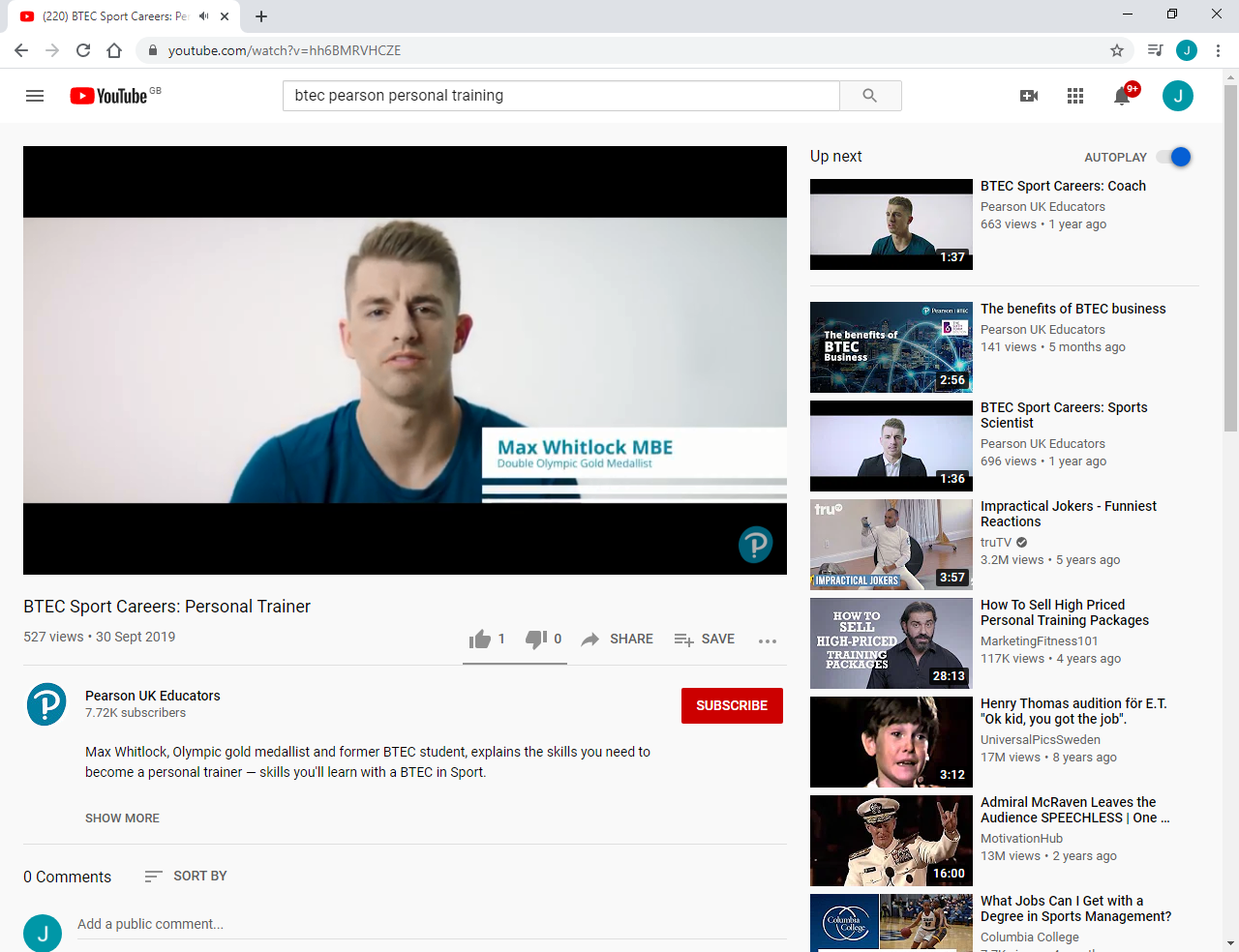
The qualification is likely to attract UCAS tariff points (pending application approval) and is recognised by higher-education providers as contributing to admission requirements for many relevant courses. When combined with other qualifications, such as A Levels or another BTEC National Foundation Diploma, in a two-year, full-time study programme, learners can progress to higher-education degree programmes, such as a BA (Hons) in Health and Fitness and a BSc (Hons) in Diet, Fitness and Wellbeing. Learners should always check the entry requirements for degree programmes with the providers.

**Applicant activity**

**Please send your completed activity to James Pryke by email:**

[**James.Pryke@wnc.ac.uk**](mailto:James.Pryke@wnc.ac.uk)

**Please watch this clip to give you an insight into the industry of Personal Training.**



[**The industry of personal training**](https://youtu.be/hh6BMRVHCZE)

**What is it about the fitness industry that interests you?**