

YMCA Level 3 Technical Occupational Entry in Exercise and Fitness: Personal Trainer (Diploma)

Adult

This qualification is specifically for learners holding a Level 2 qualification in Gym Instruction or equivalent who are aspiring to progress to an exciting and highly rewarding career as a professional Personal Trainer on an employed or self-employed basis. This qualification is mapped directly to The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) professional standards for a Personal Trainer and is your next step to a career as a Personal Trainer in less than five months!

This course combines elements of both practical and theoretical learning where you will have the opportunity to apply the theory of personal training in our on-campus sports hall, fully equipped gym and elements of outdoor personal training on one of our many green outdoor areas or 3G pitch.

Our industry-experienced lecturers are all fully qualified and practicing professionals themselves and will guide you every step of the way, enabling you to progress towards a career as a Personal Trainer. You'll be learning everything industry requires from designing bespoke personal fitness programmes, experiencing the latest training methods and how to effectively implement them with clients as well as developing your own communication skills. In addition, you will be carrying out personal fitness assessments as well as learning the tools required to provide nutritional advice and how to support a client's physical activity programme. In essence, you'll be developing all of the essential skills you need to start your journey towards a career as a Personal Trainer.

This diploma is all about you growing as a Personal Trainer by effectively knowing how the body works, to successfully planning and delivering your very own Personal Training sessions. Our highly-skilled and motivated staff have a wealth of knowledge and experience and are here to give you the very best start to your career.



Scan the QR Code for full course description, assessment and progression options from this course

 CORNWALL
COLLEGE



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ENTRY REQUIREMENTS

The learner should hold the Level 2 Certificate in Gym instructing or equivalent. The qualification is aimed at learners aged 16 and over.



LOCATION & NEXT START DATE(S)

Cornwall College St Austell - 26 January 2026



LEVEL
Level 3

DURATION
18 Weeks

ATTENDANCE
Part-time

FEES
Tuition Fees: £1417.00

Fees apply to adults and HE students only. Only the most common fees scenario is shown. Actual fees may vary depending on your personal situation. Please contact us for further information. Courses listed on this website are indicative of the subject, nature and level of study. The College reserves the right to alter specific qualifications titles, awarding bodies and levels of qualification, which can change in year. Any cost may also vary, based on personal funding eligibility. The Cornwall College Group reserves the right to withdraw any course listed at any time.

Explore Our Courses & Apprenticeships

Join us for a campus tour, meet our dedicated team, and get all your questions answered. Scan the QR code to register for our next Open Event or Taster Day.



Find out more and
apply online

