

Qualification:	AoFAQ Level 3 Diploma in Personal Training (RQF) <i>Units as AoFAQ Level 2 Certificate in Fitness Instructing, plus:</i>
Unit No.	Unit Name / Structure
1	<p>L3 Anatomy and physiology for exercise</p> <ul style="list-style-type: none"> ▪ The Skeletal System 2 ▪ The Muscle System 2 ▪ The Cardiovascular System 2 ▪ The Energy Systems 2 ▪ The Nervous System ▪ The Endocrine System
2	<p>Applying the principles of nutrition to assist participants to maintain long term adherence to exercise and physical activity.</p> <ul style="list-style-type: none"> ▪ Nutrition and Health Guidelines ▪ Exercise Nutrition ▪ Healthy Eating ▪ Analysing Information and Setting Nutritional Goals ▪ Analysing Information and Setting Nutritional Goals 2 ▪ Maintaining Long-Term Adherence Strategies ▪ Liaising and Evaluating Physical Activity Programmes with Participants ▪ Liaising and Evaluating Physical Activity Programmes with Participants 2 ▪ Liaising and Evaluating Physical Activity Programmes with Participants 3 ▪ Improving Professional Practice and Career Opportunities
3	<p>Design, manage and adapt a personal training programme with participants</p> <ul style="list-style-type: none"> ▪ Consultations and Action Planning ▪ Lifestyle Analysis ▪ Collecting and Recording Information ▪ Collecting and Recording Information 2 ▪ Programming Personal Training Sessions ▪ Planning Preparing and Managing A Personal Training Programme

	<ul style="list-style-type: none"> ▪ Analysing Information and Agreeing Goals ▪ Analysing Information and Agreeing Goals 2 ▪ Adapt A Personal Training Programme ▪ Adapt A Personal Training Programme 2 ▪ Review Progress with Participants
4	<p>Deliver exercise and physical activity as part of a personal training programme</p> <ul style="list-style-type: none"> ▪ Plan and Prepare Individualised Sessions ▪ Plan and Prepare Individualised Sessions 2 ▪ Plan and Prepare Individualised Sessions 3 ▪ Plan and Prepare Individualised Sessions 4 ▪ Delivering Personal Training Sessions ▪ Teach and Adapt Planned Classes ▪ Bring Individualised Sessions to An End ▪ Bring Individualised Sessions to An End 2
End Assessment	<p>This qualification has formative assessments at staged sections throughout the Unit and the end of the Unit. The Learner must pass each formative assessment prior to proceeding on to the next Unit. Re-training and reassessment are permitted. A Summative Assessment is carried out at the end of the qualification which is used to determine if the Learner has achieved the qualification. Note: Formative Assessments do not form part or contribute to the Summative Assessment.</p>