

## Sport

# Technical Occupational Entry in Personal Training

**Campus:** North Notts College - Worksop Campus

**Code:** W14AC06

**Level:** 3

### About This Course

This qualification prepares you to work as a personal trainer in gyms, health clubs, or as a self employed coach. You build the knowledge and practical skills needed to design and deliver safe, effective training programmes for a range of clients. The qualification covers advanced training principles, client assessment, programme design, and business awareness so you can operate as a professional in the fitness industry.

### What Will I Study?

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### Entry Requirements

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### How To Apply

This qualification prepares you to work as a personal trainer in gyms, health clubs, or as a self employed coach. You build the knowledge and practical skills needed to design and deliver safe, effective training programmes for a range of clients. The qualification covers advanced training principles, client assessment, programme design, and business awareness so you can operate as a professional in the fitness industry.

## What Courses Can I Progress Onto?

On completion, you can progress onto:

- Active IQ Level 4 Certificate in Strength and Conditioning
- Active IQ Level 4 Certificate in Sports Massage Therapy
- Specialist CPD courses such as indoor cycling or circuit training
- Higher education in sport and exercise science

## Tuition Fees

- Those aged 19 or over may not need to pay fees depending on their circumstances. Find out if you qualify .

If you need further advice or guidance please contact the Enquiries Team on **01909 504500** .

### PLEASE NOTE

We make every effort to ensure information within our online course directory is accurate and a true representation of the courses we are offering in 2026/2027. However, we do reserve the right to make changes if necessary.

**Last updated:** 9th May 2026