

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?

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.

Entry Requirements

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.

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: 18th April 2026