# Sport

## Diploma in Gym Instructing and Personal Training

**Campus:** Dearne Valley College
**Code:** D14AC01
**Level:** 3

### About This Course

The Level 3 Diploma in gym instructing and personal training trains learners to a professionally competent level, enabling them to prescribe, plan and deliver safe but effective exercise programmes, and to develop their skills and knowledge to allow the learner to pursue a career in personal training.

### What Will I Study?

You will study a range of topics, including:

- Anatomy and physiology
- Nutrition
- Exercise, health and fitness
- Lifestyle and medical factors that affect wellbeing
- Analysis of client information using the most accepted techniques
- Assessment of a client’s current health and fitness status
- Planning and conducting of physical activity sessions, within a variety of environments using multiple resources

- Client consultations
- Communication skills
- Legal and professional requirements for personal training
- How to set up and manage a personal training business

## Why Study Here?

On this course, you will:

- Learn from industry-experienced and well-qualified tutors who have spent many years in the fitness industry and have specialist qualifications and knowledge to bring to their teaching
- Access the state-of-the-art facilities and equipment
- Take part in cross-campus events
- Acquire new skills and enrichment specific to the fitness industry

## Entry Requirements

GCSE English and maths grade 4 (C) or
Functional Skills Level 2 in English and maths

## How To Apply

You can apply using our online application form and clicking the **Apply Now** button at the top of this page.

For more information support with your enquiry or application please contact Student Services by emailing learn@dearne-coll.ac.uk or by calling **01709 513333**.

## What Courses Can I Progress Onto?

Exercise Referral

## Tuition Fees

- 16-18 year olds do not need to pay course fees
- Those aged 19 or over may not need to pay fees depending on their circumstances. Find out if you qualify for help with fees.

If you need further advice or guidance please contact the Enquiries Team on **01709 513333.**

**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 2027-28 However, we do reserve the right to make changes if necessary.

**Last updated**: 7th November 2026