Sport

Sport and Physical Activity - ADULTS

Campus: North Notts College - Worksop Campus
Code: W14AC08
Level: 3

About This Course

NCFE Level 3 Diploma in Personal Training prepares learners to design and deliver safe, effective, personalised training programmes for a range of clients.

What Will I Study?

You will study client consultation, anatomy and physiology, nutrition principles, programme design, training delivery, behaviour change, business skills, professional practice.

Why Study Here?

Develop practical coaching, fitness, leadership, and professional skills through specialist facilities and industry-relevant learning.

Entry Requirements

Applicants normally need a recognised Level 2 Gym Instructing qualification or equivalent. Entry requirements and any prior learning will be checked before enrolment.

How To Apply

Apply online through the North Notts College website. For support with your application, contact student services on **01909 504500**.

What Courses Can I Progress Onto?

Progression can include specialist fitness qualifications, self-employment, employment in a gym, or further study in exercise, nutrition, or coaching.

Tuition Fees

Fees and funding eligibility will be confirmed at application.

Contact student services on **01909 504500** for current information.

Additional Information

Learners interested in sport, coaching, fitness, physical activity, sport therapy, or related employment. It is suitable for adults looking to upskill, change career, or gain a recognised qualification.

Learners need suitable practical clothing. Any kit, uniform, placement, enhanced DBS, or specialist resource requirements will be confirmed at enrolment.

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 2027/2028. However, we do reserve the right to make changes if necessary.

Last updated: 7th November 2026