

# Advanced Apprenticeship in Exercise & Fitness



## Programme Details

The Exercise and Fitness Apprenticeship is ideal for those looking to work as a Personal Trainer or Fitness Instructor. The course places great emphasis on practical ability backed up with an understanding of the principles involved. The Apprenticeship offers high quality training, to meet fitness industry standards.

This covers areas such as gym-based exercise, exercise for children, principles of health and fitness and designing and managing exercise programmes. Overall demonstrating the skills needed to work as a Fitness Instructor or Personal Trainer.

Whilst at work, students will receive comprehensive practical training designed to develop competence in carrying out relevant tasks that the employer will value.

## Qualification and Skills

The Level 3 programme can take up to 18 months to complete and on completion the learner will achieve:

- Level 3 Diploma in Exercise and Fitness
- Level 2 Functional Skills in Maths and English (depending of eligibility)

Course content will be tailored to the needs of the individual and could include:

- Anatomy and physiology for exercise and health
- Design, manage and adapt a personal training programme with clients
- Deliver exercise and physical activity as part of a personal training programme
- Evaluate exercise and physical activity programmes
- Employability skills – this may be an optional unit included in your NVQ, an individual accredited qualification or a workbook.

## What is an Apprenticeship?

An Apprenticeship is a package of training that is delivered while you are working. Apprenticeships allow you to gain qualifications which will enhance your skills and develop you professionally whilst you are earning and working in a relevant working environment. The apprenticeship training programme is a fantastic way of putting theory into practice, as you gain real experience in the workplace and if you are already employed in a relevant industry you will benefit from the knowledge gained to increasing career prospects.

The training includes an NVQ Diploma and Functional Skills in Maths and English. You may be exempt but this is dependent upon the GCSE (or equivalent) grade achieved (evidence of qualification will be required).

Contact [enquiries@creativesportandleisure.co.uk](mailto:enquiries@creativesportandleisure.co.uk) for clarification or any further guidance.

You will be asked to complete an initial assessment in literacy and numeracy skills as part of your enrolment onto the programme.

## Why should I choose to do an Apprenticeship?

Apprenticeships are available to anyone who is over the age of 16 and not in full time education. The Government have recognised the importance of apprenticeship training and how it is a vital instrument in their objective of up skilling the countries workforce. The apprenticeship reform introduced in May 2017, will actively encourage employers to invest in apprenticeship training, through the Government Levy. All employers whether they are levy or non-levy paying are recognising the benefits of investing in apprenticeship training for both existing and new staff. Employers are required to commit their staff's apprenticeship training by supporting with at least 20% off the job training.



## Progression Routes

Successful completion of the course could lead to employment opportunities as a qualified Personal Trainer & responsible positions in allied industries.

Examples of further study learners can progress to include a Foundation Degree at Level 4 and 5 within

- Sports Coaching
- Health
- Fitness & Exercise
- Sports Development
- Sports Science
- Leisure Management