

## Sport

# Diploma in Fitness Instructing and Personal Training

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

**Code:** NACSP002

**Level:** 3

## About This Course

This course is designed to allow you to work at your own pace and offers you the flexibility to study around existing commitments

This course will

provide you with the skills you need to have a successful career as a personal trainer

This course has been developed to meet the latest industry standards. It is CIMSPA accredited and internationally recognised

The course provides you with the opportunity to achieve industry recognised qualifications required to work in the Fitness Industry

The package includes:

L2 Certificate in Fitness Instructing Gym

L3 Certificate in Personal

Training

You will study online at your own pace and will be supported by a designated personal tutor You will also attend practical workshops and assessment days based at the North Notts Campus

## What Will I Study?

You will study on this course the following theory online modules :

Anatomy and Physiology (Level 2)  
Gym Based Planning, Preparation, and  
Delivery  
Providing a Positive Customer Experience  
Lifestyle Management  
and Health Awareness  
Applied Anatomy (Level 3)  
Nutrition to Support  
Physical Activity  
Promoting Wellness Through Client Motivation  
Bespoke  
Exercise Programme Design  
Customised exercise Programme Instruction

Communication Techniques  
Business Acumen for a Successful Personal  
Training Practice  
You will study a blend of practical knowledge online and  
attend practical workshops and assessments for the following:  
Level 2 Gym  
Based Programme Delivery and Professional Instruction  
Level 3 Personal  
Training and Communication

## Why Study Here?

Benefit from training at our gym based onsite at North Notts college

Learn from highly qualified industry skilled specialists who have spent many years in the fitness industry and have specialist qualifications and experience to bring to their teaching

## Entry Requirements

4 x GCSE Grade 4 or above  
Or equivalent qualification

## 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 [contact@nnc.ac.uk](mailto:contact@nnc.ac.uk) or by calling 01909 504500.

## What Courses Can I Progress Onto?

L4 Advanced Practitioner

## Tuition Fees

## Additional Information

You will be required to purchase suitable gym clothing/ trainers

### 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 2023-24. However, we do reserve the right to make changes if necessary.

**Last updated:** 23rd July 2025