



Certification: Level 3 Certificate in Planning and Delivering Personal Training

The Level 3 Certificate in Planning and Delivering Personal Training is the ideal course for anyone wanting to progress to a Personal Trainer where you will develop your knowledge in anatomy and physiology, nutrition, postural and core stability, how to design and adapt personal training programmes plus more.

By completing the Level 3 Certificate with British Weight Lifting, the experts in strength training, you will be able to complete an additional CPD course for FREE - **The Essentials of Weightlifting Technique**. The content in this CPD course builds on the fundamentals of weightlifting, to focus on key areas of optimal technique in more depth.

What will I learn?

The Level 3 Certificate will teach you everything required to start working as a Personal Trainer including:

- Anatomy and physiology
- Postural and core stability
- The nervous, endocrine and energy systems and their relation to exercise and health
- How to maintain safety during sessions
- How to programme safe and effective exercise for a range of clients
- The health benefits of physical activity
- Understanding how nutrition can affect fitness
- Understand how to communicate with clients effectively and motivational tactics
- Understand how to design, manage, and adapt a personal training programme
- Be able to deliver exercise and physical activity as part of a programme

To view the course modules please [click here](#).

To qualify for your Level 3 Personal Trainer Certificate, you will be required to complete a selection of online assessments as well as a practical video submission.

What does this course qualify me to do?

This course will qualify you to operate as a Personal Trainer.

Prerequisites

You must be at least 16 years of age on the first day of the course, hold your Level 2 fitness / gym instructing qualification and be able to communicate effectively in English.

Online learning only

Length of course:

A minimum of 10 days PLUS, a free British Weight Lifting Essentials CPD course - The Essentials of Weightlifting Technique.

Price of course

Standard Price: £899

Member Price: £854