

# CHOOSING THE RIGHT PERSONAL TRAINING QUALIFICATION FOR YOU!



**NOT YOUR AVERAGE TRAINING COMPANY**

# HOW TO CHOOSE THE RIGHT COURSE FOR YOU

Choosing the right personal training qualification is a crucial step in starting your career in fitness. With various options available, it can be challenging to determine which certification aligns with your career goals, budget, and preferred learning style.

This guide will help you navigate the decision-making process and select the best certification for your needs.

## 1. Understand Your Career Goals

Before selecting a course, consider what you want to achieve as a personal trainer. Ask yourself:

- Do you want to work in a gym, independently, or online?
- Are you interested in general fitness training or specialising in areas like strength training, rehabilitation, or sports performance?
- Do you plan to expand into nutrition coaching or group fitness?

Understanding your goals will help you choose a course that provides the right education and credentials.



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## 2. Check Accreditation and Recognition

It's essential to choose a course that is accredited by a reputable body, ensuring quality education and industry recognition.

Bright Direction Training's Level 3 qualification is awarded by VTCT, a highly respected awarding body in the industry. VTCT qualifications are regulated by Ofqual, ensuring they meet the highest standards of quality and credibility. This means that when you complete our course, you'll receive a nationally recognised certification that employers trust, giving you the best possible start to your career in the fitness industry.

## 3. Evaluate Cost and Payment Options

Cost is an important factor when selecting a personal training course. Prices vary based on the course provider, format, and additional resources included.

Some providers may offer:

- Payment plans - this will spread the cost of the course over time
- Advanced learner loans - this is a government funded loan, that you will pay back when you start earning a certain amount - much like a student loan.
- Fully-funded (free) courses - these are completely free to you so that you won't need to pay a penny. Obviously this is the best option if you can get it. There is always an eligibility criteria which can differ between area, so check out if you are eligible where you live.

**CHECK IF YOU ARE ELIGIBLE TO GET OUR  
L3 PERSONAL TRAINING QUALIFICATION  
FOR FREE**

# COMPARE COURSES



## 4. Compare Course Delivery Options

When choosing a personal training qualification, it's important to consider the delivery format that best suits your learning style and career goals.

- **In-Person Courses** – Perfect for hands-on learners who thrive with direct instruction and practical experience. Training in a gym environment not only enhances your skills but also makes you more appealing to employers compared to online-only graduates.
- **Online Courses** – A flexible option for those who need to study at their own pace. However, be mindful that the absence of practical, hands-on training may impact your confidence and readiness for real-world client interactions.
- **Blended Learning** – A mix of in-person and online study, offering the best of both worlds: the flexibility of online learning combined with the essential hands-on experience needed for success in the fitness industry.

Choose a delivery method that aligns with your learning preferences and availability.

At Bright Direction Training, our Personal Training courses are all delivered in person, with each day split between; theory in the classroom and hands-on practical learning in the gym. We believe that this is the best way to ensure that you are prepared for the real world and make sure that you are job ready at the end of the course





## 5. Consider Course Content and Specialisations

Not all personal training courses are created equal, and the content can vary significantly between programs. To ensure you're getting the best education and career preparation, look for a course that covers essential topics such as:

- Anatomy and Physiology – Understanding the human body, muscles, and movement to design safe and effective workouts.
- Exercise Programming – Learning how to create tailored training plans that suit different fitness levels and goals.
- Client Assessment Techniques – Mastering methods to evaluate a client's fitness level, mobility, and potential risk factors.
- Nutrition Basics – Gaining foundational knowledge of how diet impacts performance, recovery, and overall health.

**Beyond the basics, a top-tier personal training course, like the one that we offer at Bright Direction Training, should also provide:**

- Business and Marketing Skills – Essential for self-employed personal trainers, including how to attract and retain clients, set pricing, and build an online presence.
- Practical Experience & Shadowing – The opportunity to observe and participate in real personal training sessions, helping you build confidence and hands-on expertise.
- Coaching and Communication Skills – Understanding how to motivate clients, provide clear instructions, and adapt to different personality types.
- Behaviour Change and Client Psychology – Learning strategies to help clients stay motivated, overcome barriers, and develop long-term healthy habits.

By choosing a course that includes these elements, you'll gain the knowledge, skills, and confidence to succeed as a well-rounded and highly employable personal trainer.



**CLICK HERE TO LEARN  
MORE ABOUT OUR  
L3 PERSONAL TRAINING  
QUALIFICATION**

**GET QUALIFIED IN JUST 13  
WEEKS!**

## **6. Research Job Placement Support**

A good programme should not only provide knowledge but also help you launch your career. Look for programmes that offer:

- Help finding interviews and jobs on completion of the course
- Mentorship and guidance for those thinking of a self-employed career in the fitness industry.

These resources can make it easier to secure employment or start your own business after completion.

**And, you can guess it... we offer both of these at Bright Direction Training!**



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**PERSONAL  
TRAINER**

# COURSE DETAILS

Our Level 3 Diploma in Personal Training is delivered over 13 sessions. These sessions are based both in the classroom and in the gym.

Whether you are looking to revamp your skills or change career completely, this is the course that will help you to achieve this.



- **13 weekly sessions**
- **Classroom & gym based**
- **FREE (if eligible - see below)**
- **Running in Manchester City Centre, Salford & Bolton**

Lessons will be taught in the classroom along with practical observations in the gym, with multiple choice exams at various stages throughout the 13 weeks.

The qualification allows you to work as a personal trainer within a gym or run your own fitness classes.

To be eligible for government funding, you must be:



- **Be aged 19+**
- **Be a resident of Greater Manchester**
- **Be unemployed**  
*OR* **employed and earning UNDER £32,500 per year**  
*OR* **be employed and have LESS than 2 A-Levels or equivalent**



## Secure Your Spot Today!

If you're ready to revamp your skills and begin a career in the fitness industry, this Level 3 Diploma in Personal Training is the perfect foundation to get you started.

Our course equips you with the skills and knowledge needed to launch a successful career in the fitness industry.

Upon successful completion of our course, you'll be able to design and implement effective fitness programs for individuals or groups.

This course **usually** costs around £2,300, but is FREE via Bright Direction Training thanks to government funding.

Due to high demand, we have limited spaces available, so **sign up now!**

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