

# LEVEL 3 DIPLOMA IN PERSONAL TRAINING

Course  
Information



bright  
direction  
training



**NOT YOUR AVERAGE TRAINING COMPANY**

# ABOUT OUR PERSONAL TRAINING COURSE

## Take the First Step Toward Your Dream Career in Fitness

Are you passionate about health and fitness? Ready to turn that passion into a rewarding career?

Our Level 3 Diploma in Personal Training provides the essential knowledge, skills, and qualifications you need to succeed as a professional personal trainer.

This industry-recognised course is designed to give you the confidence and expertise to create tailored fitness programs, support clients in achieving their health goals, and build a thriving career in the fitness industry.

Whether you want to work in a gym, start your own business, or specialise in a particular area of personal training, this qualification is your gateway to success.

Our course is fully funded by the government, meaning that there is nothing to pay if you are eligible. This is not a loan and there is nothing to pay back. Find out if you are eligible below.



**CONTACT:**

Tel: 01204 859859

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WhatsApp: 07957 773741

# ELIGIBILITY

## CAN YOU GET THE COURSE FOR FREE?

**To be eligible for government funding, you must:**

- 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

### **Fast-Track Your Personal Training Career in Just 13 Weeks!**

Our Level 3 Diploma in Personal Training is designed to get you fully qualified and ready to start working as a personal trainer in just 13 weeks.

Lessons are a mix of classroom-based theory and practical gym sessions, ensuring you gain both the knowledge and hands-on experience required to succeed. Multiple-choice exams will be held at various stages throughout the course to track your progress.

- **Duration:** 13 weeks
- **Schedule:** One session per week, 9 AM – 5 PM
- **Location:** Split between the classroom and the gym



**PERSONAL  
TRAINER**

# COURSE UNITS

## **The course consists of the following units.**

- Principles of anatomy, physiology, and fitness
- Professionalism and customer care for fitness instructors
- Health and safety in the fitness environment
- Conducting client consultations to support positive behavioural change
- Planning and instructing gym-based exercise
- Applied anatomy and physiology for exercise, health, and fitness
- The principles of nutrition and their application to exercise and health
- Understanding lifestyle, health, well-being, and common medical conditions
- Delivering client consultations and health and fitness assessments
- Personal training for individuals and groups in a range of environments
- Professionalism and business acumen for personal trainers
- Nutrition for sport and exercise performance

## **Our course also covers**

- 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.



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# Why choose Bright Direction Training?



## We Are Not Your Average Training Company!

Our learners are at the heart of everything we do. From how we choose our staff, the courses we deliver and the partners we work with. All of our decisions are made with you in mind. Because, if you don't get the results you want, we haven't done our jobs properly.

At Bright Direction Training, we deliver flexible courses that are unique to you and your needs, so that we can help you get the results you want in the time that you want them. We only offer accredited courses that are recognised and valued within the industry. This ensures that you receive high-quality training and earn qualifications that hold credibility. Our team of experienced trainers all possess extensive expertise in their areas. They have practical industry experience and can provide valuable insights and real-life examples, enriching the learning experience. By completing your course with Bright Direction Training, you can expect to receive comprehensive, practical, and reputable training that equips you with the skills and qualifications that you came to us for!

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## The benefits of working as a Personal Trainer

Working as a personal trainer offers a range of rewarding benefits, both personally and professionally. There is the satisfaction of helping others achieve their fitness goals and witnessing their transformative journeys. This profession allows for meaningful connections with clients, fostering a supportive and motivational environment.

Personal trainers often enjoy flexible work schedules, allowing for a better work-life balance. The job also promotes a healthy and active lifestyle, as trainers often lead by example, maintaining their own physical well-being. Moreover, the continuous learning involved in staying updated on fitness trends and techniques keeps the job intellectually stimulating. Beyond the intrinsic rewards, personal trainers can build a loyal client base, leading to a potentially lucrative and stable career in the fitness industry. Overall, the role provides a unique blend of personal fulfilment, financial stability, and the joy of making a positive impact on others' lives.

## What job roles can you look at after completing our personal training course?

Completing a personal training course in the UK opens up various job opportunities in the fitness industry. Some potential job roles for learners include:

**Gym Personal Trainer:** The most direct path is to work as a personal trainer, either independently or with a gym or fitness centre. Personal trainers design customised workout plans, provide guidance on nutrition, and motivate clients to achieve their fitness goals.



**Fitness Instructor:** Fitness instructors lead group exercise classes, such as zumba, spin, or yoga. This role often involves creating dynamic and engaging workouts for a diverse range of participants.

**Gym Instructor:** Gym instructors work in fitness centres, assisting clients with equipment usage, providing basic fitness advice, and ensuring the overall safety and cleanliness of the gym environment.

**Health and Wellness Coach:** Some personal trainers choose to specialise in holistic wellness, offering guidance not only on physical fitness but also on nutrition, stress management, and overall well-being.

**Corporate Wellness Coordinator:** Work with companies to implement wellness programs for their employees, promoting a healthier and more active workforce.

**Online Personal Trainer:** With the rise of digital platforms, personal trainers can offer their services online, providing virtual training sessions, creating workout plans, and offering nutritional advice through online platforms.

**Specialised Trainer:** Specialise in areas such as strength training, weight loss, sports-specific training, or rehabilitation. This allows for a niche focus and the ability to attract clients with specific fitness needs.

**Fitness Manager or Coordinator:** Take on leadership roles within fitness facilities, overseeing trainers, managing schedules, and contributing to the development of fitness programs.

**Freelance Fitness Writer or Blogger:** Share expertise through writing, creating fitness content, or blogging about health and wellness topics.

**Nutrition Consultant:** Combine personal training with nutrition advice to offer a comprehensive approach to clients' health and fitness goals.



## 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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