

YMCA Awards Level 3 Personal Training Certificate at Park Centre, Bristol

April to June 2018

Mondays/Thursdays 18:30 – 21:30

Saturdays 11:00 – 17:00

Teaching Days

Assessment/Teaching Days

DATE	SUBJECT	TUTOR	Room
Mon 9 Apr	L3 PT Course overview and expectations Skeleton and Structure of Bone	Les	Comp room
Thu 12 Apr	Joints Structure of Joints, Anatomical Terms Shoulder Joint/Girdle	Les	Comp room/gym
Sat 14 Apr	Muscle structure Hip Knee and Ankle Joints	Les	Comp room/gym
Mon 16 Apr	Muscles of Shoulder Joint/Girdle, Elbow Wrists Muscles of the body	Les	Comp room/gym
Thu 19 Apr	Muscle attachments Core Stability. Core Exercises	Les	Comp room/gym
Mon 23 Apr	Spine & Vertebral column Kettlebells session	Les	Comp room/gym
Thu 26 Apr	Nervous and Endocrine systems	Les	Comp room/gym
Sat 28 Apr	CV and Energy Systems Mock A & P Exam Case Study and LAR	Les	Comp room/gym
Mon 30 Apr	A & P Exam and Theory questions	Les	Computer room

Thu 3 May	Principles of Nutrition; Dietary References, Fats, Proteins, Carbs	Les	Comp room
Thu 10 May	Principles of Nutrition; Vitamins, Minerals, Hydration, Digestive System	Les	Comp room
Mon 14 May	Principles of Nutrition; Healthy Eating Guidelines, Energy Needs, Nutrition and Health, Weight Management, Weight Loss Fads	Les	Comp room
Thu 17 May	Nutrition for Sport and Exercise Dietary Practices, Food Labels, Client Consultation Principles of Nutrition Mock	Les	Comp room
Sat 19 May	Principles of Nutrition Exam Principles of Nutrition Theory Questions Training in Different Environments	Les/ Jeff	Computer room/ outside
Mon 21 May	CV Training systems	Les	Comp room/gym
Thu 24 May	Resistance Training systems	Les	Comp room/gym
Mon 4 Jun	Programming PT with clients	Les	Comp room/gym
Thu 7 Jun	Programming PT with clients Fitness Testing theory	Les	Comp room/gym
Sat 9 Jun	Fitness Testing Assessment of Fitness Testing	Les	Gym
Mon 11 Jun	Delivering PT sessions	Les	Comp room/gym
Thu 14 Jun	12-week Case Study		
Mon 18 Jun	Delivering PT sessions	Les	Comp room/gym
Thu 21 Jun	12-week Case Study		

FINAL ASSESSMENT DATES	ASSESSMENT ELEMENT	TUTOR	ROOM
Sat 23 Jun	PT Summative Practical Assessments	Les	Gym
Mon 25 Jun	Work on 12-week Case Study and Viva Assessments	Les	Comp room
Thu 5 July Final cut-off date	Hand in 12-week Case Study and Viva Assessments	Les	Comp room

Assessment Criteria

Anatomy and Physiology

- Multiple choice paper (Pass 28/40) – online assessment

Nutrition for Physical Activity

- Multiple choice paper – (Pass 21/30) – online assessment
- Knowledge questions – all answers must be correct, marked internally
- Case study – marked internally

Programming Personal Training

- Knowledge questions – all answers must be correct, marked internally
- Personal Training Programme – marked internally
- 12 week case study – marked internally
- Fitness Assessments – marked and observed internally

Delivering Personal Training

- Knowledge questions – all answers must be correct, marked internally
- Final (Summative) Assessment – observed internally
- Evaluation of Lesson – marked internally

Circuits Practical

- Lesson Plan – marked internally
- Teaching – observed internally
- Evaluation of Lesson – marked internally

You need to bring one person with you for your Summative PT assessment

You need to bring two people as participants for your Circuits assessment

You will receive the following resources for this course:

Level 3 Anatomy and Physiology Manual

Level 3 Award in Nutrition for Physical Activity Manual

Personal Training Manual

L3 Personal Training Learner Assessment Record (electronically)

Access to worksheets (online)