

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

*March – June 2019 - provisional timetable*

Mondays/Thursdays 18:30 – 21:30

For this course you will need to do a minimum of seven hours theory/practical revision after each lesson.

Teaching Days
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Assessment/Teaching Days
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DATE	TOPIC	TUTOR	Room
Mon 18 Mar	L3 PT Course overview and expectations Skeleton and Structure of Bone	Les	Lecture
Thu 21 Mar	Joints Structure of Joints, Anatomical Terms Shoulder Joint/Girdle	Les	Lecture/ gym
<b>Sat 23 Mar 11:00 – 16:00</b>	Muscle structure Hip Knee and Ankle Joints	Les	Lecture/ gym
Mon 25 Mar	Muscles of Shoulder Joint/Girdle, Elbow Wrists Muscles of the body	Les	Lecture/ gym
Thu 28 Mar	Muscle attachments Core Stability. Core Exercises, Kettlebells session Spine & Vertebral column	Les/ Seona	Lecture/ gym
Mon 1 Apr	Nervous and Endocrine systems	Les	Lecture
Thu 4 Apr	CV and Energy Systems	Les	Lecture/ gym

<b>Sat 6 Apr</b> <b>11:00 – 16:00</b>	Mock A & P Exam Case Study and LAR	Les	Lecture
Mon 8 Apr	A & P Exam and Theory questions	Les	Computer room
Thu 11 Apr	Principles of Nutrition; Dietary References, Fats, Proteins, Carbs		
Thu 25 Apr	Principles of Nutrition; Vitamins, Minerals, Hydration, Digestive System	Les	Lecture
Mon 29 Apr	Principles of Nutrition; Healthy Eating Guidelines, Energy Needs, Food Labels	Les	Lecture
Thu 2 May	Principles of Nutrition; Nutrition and Health, Weight Management, Weight Loss Fads	Les	Lecture
Thu 9 May	Nutrition for Sport and Exercise Dietary Practices, Client Consultation Principles of Nutrition Mock	Les	Lecture
<b>Sat 11 May</b> <b>11:00 – 16:00</b>	Principles of Nutrition Exam Principles of Nutrition Theory Questions Training in Different Environments	Les/Jeff	Computer room /outdoor
Mon 13 May	CV Training systems	Les	Lecture/ gym
Thu 16 May	Resistance Training systems	Les	Lecture/ gym
<b>Sat 18 May</b> <b>11:00 – 16:00</b>	Programming PT with clients Fitness Testing theory	Les	Lecture/ gym
Mon 20 May	<b>Fitness Testing</b> <b>Assessment of Fitness Testing</b>	<b>Les</b>	<b>Gym</b>
Thu 23 May	Delivering PT sessions	Les	Lecture/ gym

Thu 30 <sup>th</sup> May	Delivering PT sessions / 12 week Case Study	Les	Lecture /gym
<b>Sat 1 Jun 11:00 – 16:00</b>	Practical Teaching Practice	Les	Gym
<b>FINAL ASSESSMENT DATES</b>			
Mon 3 Jun	Practical Teaching Practice		
Thu 6 Jun	Complete 12-week Case Study and Viva Assessments	Les	Lecture/ Gym
<b>Sat 8 Jun 11:00 – 16:00</b>	<b>PT Summative Practical Assessments</b>	Les	Gym
Mon 10 Jun	Complete 12-week Case Study and Viva Assessments	Les	Lecture/ Gym

## **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

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