

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

September – December 2018 - provisional timetable

Mondays/Thursdays 18:30 – 21:30

Saturdays 11:00 – 17:00

Teaching Days

Assessment/Teaching Days

DATE	TOPIC	TUTOR	Room
Mon 10 Sep	L3 PT Course overview and expectations Skeleton and Structure of Bone	Les	Conf
Thu 13 Sep	Joints Structure of Joints, Anatomical Terms Shoulder Joint/Girdle	Les	Conf/gym
Sat 15 Sep	Muscle structure Hip Knee and Ankle Joints	Les	Conf/gym
Mon 17 Sep	Muscles of Shoulder Joint/Girdle, Elbow Wrists Muscles of the body	Les	Conf/gym
Thu 20 Sep	Muscle attachments Core Stability. Core Exercises, Kettlebells session Spine & Vertebral column	Les/Seo na	Conf/gym
Mon 24 Sep	Nervous and Endocrine systems	Les	Conf
Thu 27 Sep	CV and Energy Systems	Les	Conf/gym
Sat 29 Sep	Mock A & P Exam Case Study and LAR	Les	Conf

Mon 1 Oct	A & P Exam and Theory questions	Les	Computer room
Thu 4 Oct	Principles of Nutrition; Dietary References, Fats, Proteins, Carbs	Les	Conf
Mon 8 Oct	Principles of Nutrition; Vitamins, Minerals, Hydration, Digestive System	Les	Conf
Thu 11 Oct	Principles of Nutrition; Healthy Eating Guidelines, Energy Needs, Nutrition and Health, Weight Management, Weight Loss Fads	Les	Conf
Sat 13 Oct	Nutrition for Sport and Exercise Dietary Practices, Food Labels, Client Consultation Principles of Nutrition Mock	Les	Conf
Mon 15 Oct	Principles of Nutrition Exam Principles of Nutrition Theory Questions Training in Different Environments	Les/Jeff	Computer room/outside
Thu 18 Oct	CV Training systems	Les	Conf/gym
Mon 22 Oct	Resistance Training systems	Les	Conf/gym
Thu 25 Oct	Programming PT with clients	Les	Conf/gym
Mon 5 Nov	Programming PT with clients Fitness Testing theory	Les	Conf/gym
Thu 8 Nov	Fitness Testing Assessment of Fitness Testing	Les	Gym
Sat 10 Nov	Delivering PT sessions	Les	Conf/gym
Mon 12 Nov Thu 15 Nov	Delivering PT sessions / 12 week Case Study	Les	Conf/gym

Mon 19 Nov Thu 22 Nov	Practical Teaching Practice		
FINAL ASSESSMENT DATES			
Sat 24 Nov Mon 26 Nov Thu 29 Nov	PT Summative Practical Assessments	Les	Gym
Mon 3 Dec	Complete and hand in 12-week Case Study and Viva Assessments	Les	Conf
Thu 6 Dec	Complete and hand in 12-week Case Study and Viva Assessments	Les	Conf

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)