

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

*September – December 2017*

Mondays/Thursdays 18:30 – 21:30

**Saturdays 11:00 – 17:00**

Teaching Days
Assessment/Teaching Days

DATE	TOPIC	TUTOR
Mon 11 Sep	L3 PT Course overview and expectations Skeleton and Structure of Bone	Les
Thu 14 Sep	Joints Structure of Joints, Anatomical Terms Shoulder Joint/Girdle	Les
<b>Sat 16 Sep</b>	Muscle structure Hip Knee and Ankle Joints	Les
Mon 18 Sep	Muscles of Shoulder Joint/Girdle, Elbow Wrists Muscles of the body	Les
<b>Sat 23 Sep</b>	Muscle attachments Core Stability. Core Exercises, Kettlebells session Spine & Vertebral column	Les
Mon 25 Sep	Nervous and Endocrine systems	Les
Thu 28 Sep	CV and Energy Systems	Les
Mon 2 Oct	Mock A & P Exam Case Study and LAR	Les
Thu 5 Oct	A & P Exam and Theory questions	Les
Mon 9 Oct	Principles of Nutrition; Dietary References, Fats, Proteins, Carbs	Les
Thu 12 Oct	Principles of Nutrition; Vitamins,	Les

	Minerals, Hydration, Digestive System	
Mon 16 Oct	Principles of Nutrition; Healthy Eating Guidelines, Energy Needs, Nutrition and Health, Weight Management, Weight Loss Fads	Les
Thu 19 Oct	Nutrition for Sport and Exercise Dietary Practices, Food Labels, Client Consultation Principles of Nutrition Mock	Les
<b>Sat 21 Oct</b>	Principles of Nutrition Exam Principles of Nutrition Theory Questions Training in Different Environments	Les/Jeff
Mon 30 Oct	CV Training systems	Les
Thu 2 Nov	Resistance Training systems	Les
Mon 6 Nov	Programming PT with clients	Les
Thu 9 Nov	Programming PT with clients Fitness Testing theory	Les
<b>Sat 11 Nov</b>	<b>Fitness Testing</b> <b>Assessment of Fitness Testing</b>	<b>Les</b>
Mon 13 Nov Thu 16 Nov	Delivering PT sessions	Les
Mon 20 Nov Thu 23 Nov	Delivering PT sessions / 12 week Case Study	Les
<b>FINAL ASSESSMENT DATES</b>		
<b>Sat 2 Dec</b>	<b>PT Summative Practical Assessments</b>	Les
Thu 7 Dec	Hand in 12-week Case Study and Viva Assessments	Les
Mon 11 Dec	Hand in 12-week Case Study and Viva Assessments	Les

## 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)