

Sport

Fitness and Personal Training Level 3 Full-time

In Brief

Start Date / Duration

This course will start in September 2024 and will be completed in two years.

Entry Requirements

Five GCSEs at grade 4 or above including GCSE English
Or Level 2 in Sport with a Merit/Distinction profile plus English at grade 4 or above.

You will achieve

BTEC Level 3 Extended Diploma in Sports, Fitness and Personal Training validated by Pearson.

Course Overview

Become a qualified gym instructor with us. This course will teach you to how to offer variety for your clients, providing you with the skills and knowledge to plan and deliver safe and effective training sessions. It will also boost your employability and earning potential if you are looking to start your career in the fitness industry.

This course is ideal if you would like to pursue a career in the Sport and Active Leisure industry including working in the Health, Fitness and Exercise Industry as a Personal Trainer or Sports Therapist. The pathways cover the organisation and administration of sport, together with the planning and delivery of sports/fitness activities.

Course Content

Year 1 – Units include:

- Fitness Skills Development
- Fitness Testing
- Fitness Training
- Careers and the Active Leisure Industry
- Health Wellbeing and Sport
- Self-Employment in Sport and Physical Activity

Year 2 – Units include:

- Personal Trainer Skills Development
- Nutrition for Physical Performance
- Business and Technology in Personal Training
- Sporting Injuries
- Functional Sport Massage
- Research Project in Sport

You may gain extra qualifications in:

- AIQ Level 1 Fitness Instructor
- AIQ Level 3 Sport Massage

Barnsley Sports Academy

You will also be given the opportunity to represent the Barnsley Sports Academy teams. Students who do not wish to play will be given opportunity to be part of the Barnsley Sports Academy workforce, where they can either assist in coaching, delivering small projects such as inclusive football, performance analysis by utilising state of the art technology. Students who represent the teams must take part in two technical/tactical sessions, one performance analysis session and one strength and conditioning delivered by on-site personal trainers once a week.

How will I be assessed?

Assessment will occur continually throughout the programme. You will have unit assignments to complete and will be assessed on your practical ability. You will also have time-constrained assignments, as well as oral presentations. Each individual unit and the full award are graded at Pass, Merit or Distinction.

What Equipment Will I Need?

All Sport students will be expected to wear a Barnsley Sports Academy (BSA) hooded top* and polo shirt*, along with dark tracksuit bottoms and sports trainers. During practical sessions, kit will consist of a Barnsley Sports Academy t-shirt*, dark shorts and sports trainers. Non-regulation clothing/footwear is not permitted. Students will also require ring-binders, writing materials, paper/stationery and core textbooks.

Barnsley Sports Academy clothing marked with an asterisk (*) can be purchased from the Sports Centre Reception.

Where will I study?

Honeywell Sports campus
Honeywell Lane
Barnsley
S75 1BP

What can I do next?

This qualification is designed to enable candidates to progress employment within the personal

training, sport therapy or other sports industry related roles. The qualification is also the perfect way to progress into Higher Education in related degree subjects.

See what careers are available in the Sport

[<https://www.barnsley.ac.uk/app/uploads/2023/10/Sport-careers-2023-24.pdf>] sector. Use our online careers tool, Career Coach [<https://barnsley.lightcastcc.com/?radius=®ion=Barnsley>] , to find out what your next steps could be.

How much does the course cost?

Full-time Barnsley College students aged 16-18 years old do not have to pay tuition fees.

16 – 18 year olds

Full-time Barnsley College students aged 16-18 years old do not have to pay tuition fees.

Financial support

You may be eligible for assistance with expenses such as travel, books, equipment and childcare. For further information please contact the Student Services Team on +44 (0)1226 216 267.

Extra information

Contact the Information Unit

For further information please contact our friendly Information Team on +44 (0)1226 216 123 or email info@barnsley.ac.uk [<mailto:info@barnsley.ac.uk>]

Want to join Barnsley Sports Academy and the Sports Village?

Barnsley College has a range of sports opportunities for all students to take part in, gain professional training and compete nationally and internationally. We also have a state-of-the-art fitness village, Honeywell Sports Village [<https://www.barnsley.ac.uk/shops-services/honeywell-sports-village/>] where students can make use of our fitness suite, spinning studio and classes for competitive rates. You don't have to be studying sport to get involved in the Sports Academy [<https://www.barnsley.ac.uk/barnsley-sports-academy/>] .

Additional Learning Support

Our Additional Learning Support team can provide you with the support you need. Please contact them on +44 (0)1226 216 769.

Disclaimer

Please note we reserve the right to change details without notice. We apologise for any inconvenience this may cause.

Last updated: 5th June 2024

Want to apply?

Visit <https://www.barnsley.ac.uk/apply> to get started

Call us on **01226 216 123**