

# ESUK FITNESS ACADEMY





# L3 Diploma in Fitness Instructing & Personal Training

Course overview



# Week 1

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Unit 4:3 Principles & variable of fitness;

Unit 1:1 Skeletal system;

Unit 1:2 Joint of the skeleton;

Unit 2:4 Providing ongoing customer service to clients

Unit 6:1 Preparing for gym-based exercise;

Unit 3:1 Emergency procedures in a fitness environment;

Unit 6:1 Instructing gym-based exercise

Unit 2:1 Forming effective working relationships;

Unit 1:8 Life course of the musculoskeletal system;

Unit 2:3 Supporting clients in their adherence to exercise

Unit 6:2 Instructing & supervising gym-based exercise & support clients;

Unit 2:2 Addressing barriers to exercise;

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# Week 2/3

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Unit 3:2 Health & safety in the fitness environment;

Unit 3:3 How to control risk in a fitness environment;

Unit 1:6 Circulatory system

Unit 3:4 Safeguarding children & vulnerable adults;

Unit 6:3 Ending gym-based session & reflective practice

Unit 4:1 Components of fitness;

Unit 5:1 Understand how to collect & use client information;

Unit 4:4 Health benefits of physical activity;

Unit 5:2 Physical assessments;

Unit 4:5 Monitoring intensity;

Unit 1:7 Energy systems;

Unit 1:3 Muscular system

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EDUCATION SOLUTIONS

# Week 3 / 4

Unit 1:4 Nervous system;  
Unit 4:2 Effects of exercise on the body;  
Unit 4:7 Importance of healthy eating;  
Unit 1:5 Respiratory system

Unit 5:3 Understand how to plan gym-based exercise;  
Unit 4:6 Exercise contraindications for special populations

Unit 5: 3 Planning muscular fitness (endurance/hypertrophy);  
Unit 5: 4 Group fitness planning;  
Unit 6: 6 Instructing endurance/hypertrophy training & 'spotting'

Revise unit 1: Anatomy & Physiology & complete online mock tests. Revise unit 4: Principle of Exercise, Fitness & Health & complete online mock tests.

# Week 5

## FULL ATTENDANCE DAY

Level 2 theory tests & practical assessment requirements.

Certificate in Gym Instructing. Unit 1 Anatomy & Physiology Theory Test.

Certificate in Gym Instructing. Unit 4 Principle of Exercise, Fitness & Health Test.



# Week 6

MOP UP WEEK:

Exam re-sits

LAP sign off

Practical assessment practice in own gym



EDUCATION SOLUTIONS

# Week 7

## FULL ATTENDANCE DAY

### Unit 6 Practical Summative Assessments - L2 Fitness Instruction

An assessment timetable will be emailed to all students outlining who your assessor will be, what time you will be assessed and what time you will be given feedback.

You will be required to attend for at least 3 hours and will need to bring full gym kit as you will be required to act as a client for another student.

**\*\*\* Level 2 Diploma Complete \*\*\***

# Week 8

## Start of L3

Unit 3:1 Intro & preparing Personal Training;

Unit 3:2 Importance of behavior change;

Unit 3:3 Collecting client information;

Unit 3:4 Goal setting.

Unit 3:5 Planning & adapting PT;

Unit 3:11 Special populations;

Unit 3:6 Designing CV fitness;

Unit 1:1 Intro & Cardiorespiratory system

Unit 3: Fitness testing;

Unit 3: Example training diary;

Unit 3: Example training log

# Week 9

Unit 2:1 Intro & key principles and guidelines of nutrition;

Unit 3:7 Designing resistance training programs & training systems

Unit 3:8 Designing resistance-based programs - strength & power;

Unit 3: Fitness testing

Unit 4: 1 Planning & preparing clients for PT;

Unit 3: Static health tests

Unit 4:2 Instructing & adapting exercise

EDUCATION SOLUTIONS

## Week 10 / 11

Unit 2:2: The relationship between nutrition & physical activity;

Unit 2:3 Setting goals & collecting, using & analyzing nutritional information

Unit 3: Static health testing;

Unit 3:3 Strength & Power programme design & testing protocols.

Unit 1:2 Musculoskeletal system;

Unit 1:5 Endocrine system

# Week 12

Unit 2:4: Providing nutritional advice & applying the principles of nutrition;

Unit 3: Practice training systems

Unit 3: Static health testing; blood pressure; resting heart rate; body composition & CV risk assessment.

Unit 4: 1, 2 & 3 Instructing a PT session; how to adapt & review PT sessions



# Week 13 and 14

Unit 1:4 Nervous system;

Unit 3:9 Periodization & long-term planning for clients

Unit 4:3 Ending a session & reviewing personal training

Unit 3: 12-week plan Unit 3: Example periodized plan

EDUCATION SOLUTIONS

# Week 15

Unit 1: 3 Postural & core stability;

Unit 3: 10 Flexibility, motor skills & core stability

Unit 4: Assisted stretching;

Unit 4: Resistance, motor skills & core exercises

Unit 1:6 Energy systems;

## Week 16

Revise unit 2: Principles of Nutrition & complete online mock tests.

Revise unit 1: Anatomy & Physiology & complete online mock tests.

## Week 17

Certificate in Personal Training. Anatomy & Physiology Theory Test.

Certificate in Personal Training. Applying the Principles of Nutrition Test.

Week 18

Catch up week

Exam re-sits

Practice for the practical assessment

Week 19 and 20

## Practical Assessment week

\*Full L3 Diploma In Fitness Instructing & Personal Training  
complete\*



EDUCATION SOLUTIONS