



## PURPOSE STATEMENT

Transcend Level 3 Diploma in  
Personal Training

COMMITTED TO YOUR TRANSFORMATION

## Qualification status

The Transcend Level 3 Diploma in Personal Training is regulated by Ofqual. It is a vocational qualification that sits in sector subject area 8.1: Sport and Recreation. This qualification is developed in partnership with industry specialists [Future Fit Training](#). It is endorsed by [CIMSPA](#) as an industry best practice qualification which is aligned in full to the Personal Trainer Professional Standards.

|                          |            |                           |             |
|--------------------------|------------|---------------------------|-------------|
| Ofqual regulation number | 603/4215/8 | Qualification start date  | 18 Mar 2019 |
| Guided learning hours    | 184        | Qualification review date | 31 Mar 2025 |
| Total qualification time | 414        | Credit allocation         | 41          |

## Qualification overview

The aim of the qualification is to develop the learner's ability to fulfil the role of a personal trainer. The intent is to enable personal trainers to **GAIN** and **RETAIN** employment by focusing on each client's unique needs to create tailored programmes that support sustainable positive behaviours. The objective is to provide a benefit to learners by supporting an established role in the workplace. Whilst attending the qualification, learners will develop the knowledge, skills, and behaviours to enable them to:

- fulfil duties of the personal trainer
- drive behaviour change through lifestyle intervention and impact analysis
- drive behaviour change through health + wellbeing intervention and impact analysis
- drive positive change through physiological systems intervention + impact analysis
- drive positive change through nutritional intervention and impact analysis
- drive positive change through exercise technique intervention and impact analysis
- fulfil the deployment expectations of a personal trainer
- be able to establish a personal training enterprise

Successful learners will be able to conduct safe and effective client consultations. They will be able to use this information to plan, deliver, adapt and evaluate the impact of personal training programmes which are uniquely tailored to each client's needs. Learners will be qualified to work with individual clients and small groups.

## Qualification uniqueness

National health data shows a downward trend in long term participation in exercise. Our version of this qualification is exclusively structured enable personal trainers to develop the skills they need to engage and motivate their clients to achieve positive results and influence sustainable positive behaviours associated with exercise participation.


Labour market intel indicates the rise in personal trainers that aspire to establish their own personal training enterprise. The qualification is uniquely designed to enable learners to create a business plan and develop the skills they need to launch a successful business in this field.

This is the only regulated qualification for gym instructors which offers complementary access to the revolutionary [Archon](#) fitness testing platform for every learner for the duration of their programme.

## Qualification learners and benefits

This qualification is for learners who wish to be competent in the role of a personal trainer. It is particularly relevant to those who aspire to set up their own personal training enterprise.

Learners who wish to empower their clients to engage in sustainable positive behaviours will benefit from this qualification. Successful learners will be competent personal trainers with clear expectations of the role. Learners will have the:

- OPPORTUNITY** to gain free access to the Archon Fitness Platform during the programme
  - OPPORTUNITY** to GAIN and RETAIN employment upon successful completion
  - OPPORTUNITY** to establish own personal training enterprise on successful completion
  - OPPORTUNITY** to apply for CIMSPA membership upon successful completion
  - OPPORTUNITY** to achieve 10 CIMSPA CPD points upon successful completion
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## Learner entry requirements

Prior to registration for the qualification learners are required to:

- be accurately identified
- be at least 16 years of age
- be able to communicate effectively in English
- hold a regulated Level 2 qualification in Fitness, Gym Instruction or Strength and Conditioning which is aligned to CIMSPA Standards

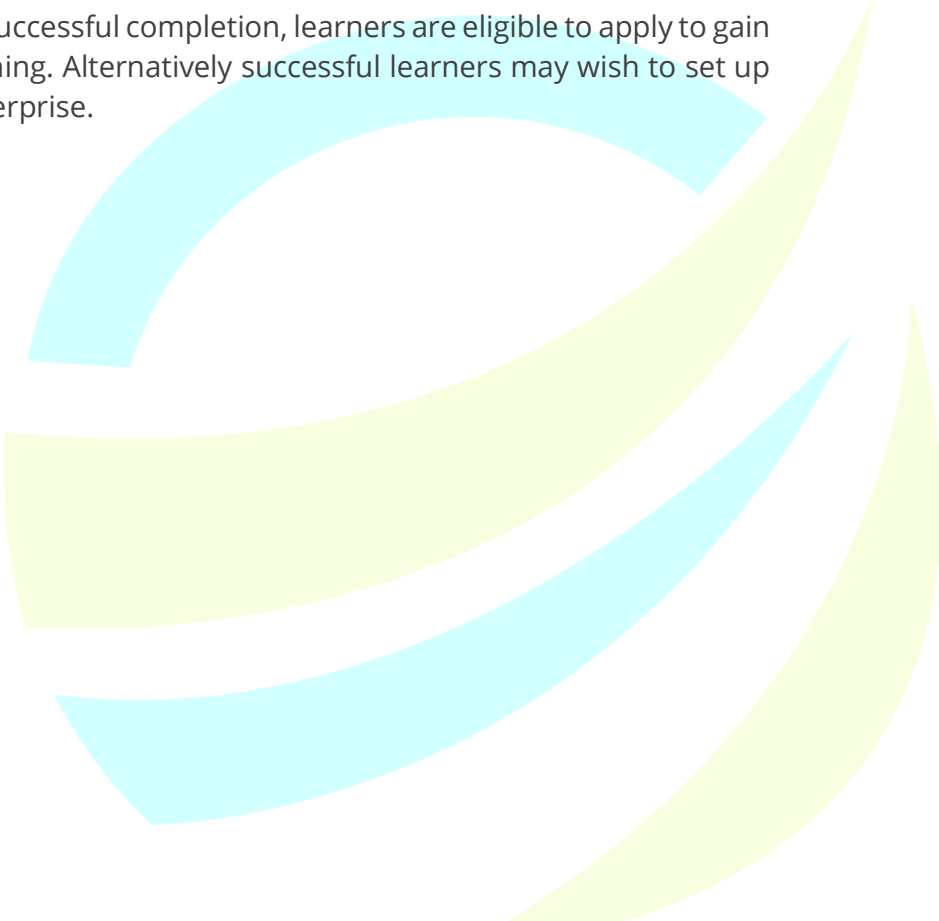
Prior to certification for the qualification learners are required to evidence achievement of a recognised safeguarding certificate. **Learners are not eligible to undertake the role of a personal trainer without supervision until they are 18 years of age.**

## Learner progression opportunities

**Education pathway:** This qualification is integral to a progressive education pathway for fitness training professionals. Upon successful completion learners are eligible to progress onto a higher level qualification. The qualifications in the pathway include:

- Transcend Level 2 Certificate in Gym Instructing
- Transcend Level 3 Diploma in Personal Training
- Transcend Level 4 Award in Archon Fitness Profiling
- Transcend Level 4 Certificate in Outdoor Fitness and Bootcamp Training
- Transcend Level 4 Certificate in the Design and Delivery of Physical Activity Programmes for People with Long Term Conditions

**Employability pathways:** Upon successful completion, learners are eligible to apply to gain employment as a personal training. Alternatively successful learners may wish to set up their own personal training enterprise.



## Qualification providers and benefits

This qualification is designed to be delivered through private education providers, schools, colleges, universities and industry employers such as fitness and leisure providers. It is accessible to any organisation that has the is able to comply with the centre recognition and supplementary qualification conditions. **The benefits for the Transend Recognised Centre Community include:**

- FREE** centre recognition
- FREE** centre extensions
- FREE** EQA interventions
- FREE** Delivery models and advice
- FREE** Learner Attainment Records
- FREE** Learner Assessment Portfolios
- FREE** Learner access to **Archon Fitness Testing**
- HIGH** Value registration fees **ONLY £55 + VAT per learner**

We have endorsed Onscreen Learning Solutions as an industry leading EdTech supplier for this qualification. The Onscreen Learning platform embeds both the digital learning experiences and an assessment portfolio that aligns in full to the CIMSPA Professional Standards for Personal Trainer.

Our recognised centres may benefit from use of On Screen Learning's digital learning and assessment tools in their delivery of this qualification. The physical face to face elements can also be tracked via this mechanism. Recognised centres should contact **On Screen Learning Solutions to discuss their value-added fee structure should they wish to access their Edtech solution.**

We recognise the importance of the uniqueness of each of our recognised centres approaches to the delivery of the personal training programmes. **Therefore it is NOT mandatory** for our recognised centres to use the learning and assessment tools that we provide or that we endorse.

**Our recognised centres are eligible to develop their own learning and assessment solutions to maintain their own USPs.** We simply ask that these are accompanied by detailed and full mapping to the qualification specification. These must then be submitted to us for approval prior to any delivery.

## Qualification delivery model

The qualification is designed to be delivered through blended learning techniques. Ideally a combination of eLearning, face to face practical workshops and a personal training placement should be embedded. A prototype delivery model is provided to recognised centres. This is fully aligned to the qualification and considers employers requirements.

Centres that wish to use their own delivery models and retain their own USPs are eligible to do so. We simply ask that these are supported by clearly mapping to all aspects of the specification and submitted for awarding organisation approval prior to delivery.

## Qualification assessment framework

This qualification is assessed on a PASS/FAIL basis. Learners are assessed working with real clients in the live personal training environment. The assessment methods are comprised of a placement, portfolio of evidence, and practical observation with professional discussion.

Learners must source a client and complete a consultation which focuses on lifestyle, health, nutrition and physical assessment and analysis. They must then develop, deliver, monitor, and adapt and review a 6-12-week programme [minimum 12 sessions] to influence the achievement of a clients' goals which must consider lifestyle, health, nutrition, and physical training interventions. The learner must also develop, deliver, adapt, and review a group personal training programme over four weeks. The learner must also create a business plan for a hypothetical or real-life personal training enterprise.

Learners must plan a specific session for their client and be observed by a qualified assessor in the delivery, adaptation, and evaluation of this session in the live environment. They must also be observed demonstrating technical competence on a hard-skills practical test. Learners must then participate in a synoptic professional discussion and must answer associated questions on any of aspect of the portfolio of evidence and practical observations. They must be able to evidence their ability to impact positively on their clients sustainable positive behaviours aligned to long term engagement in physical activity.

The assessment strategy, tasks and templates are standardised by the awarding organisation. These are made available to the workforce upon confirmation of the recognised centre's approval to deliver the qualification.

Centres that wish to use their own assessment strategy and tools to retain their own USPs are eligible to do so. We simply ask that these are aligned in full to the requirements in the CIMSPA professional standards, supported by clear mapping to all aspects of the specification and submitted for awarding organisation approval prior to delivery.

## Qualification quality assurance

Internal and external quality assurance activities are required to be conducted in accordance with a risk-based approach. This qualification has been assigned a **high-risk profile** due to its purpose. It is an professional standard qualification for learners who will fulfil the role of personal trainer working autonomously with clients in a range of training environments.

Quality assurance strategies must include moderation as the centre assessment standards scrutiny [CASS] method for the portfolios, real time practical demonstrations and professional discussions.

Moderation is defined as a form of Centre Assessment Standards Scrutiny for assessment which is marked by the centre to ensure that standards have been maintained and to adjust results where they have not. All internal moderation activities must take place prior to the issue of results.



## Qualification Endorsements



This qualification is solely awarded by **Transcend**



This qualification is developed in partnership with **Future Fit Training**



This qualification is supported by **Archon Combine**



**Awarding Organisation**



This qualification is endorsed by **CIMSPA** as an industry best practice qualification which is aligned in full to the Personal Trainer Professional Standards. It also further endorsed by **CIMSPA** as valid CPD.