



Active IQ Level 3 Diploma

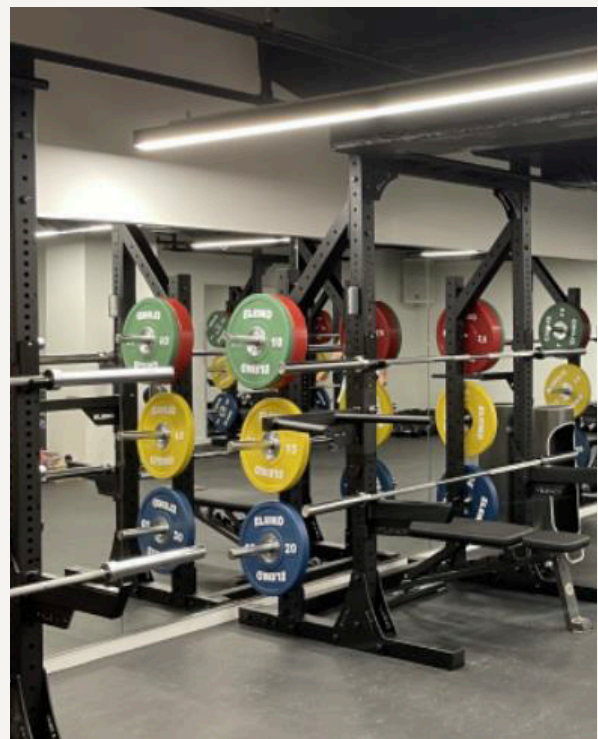
*in Gym Instructing
and Personal Training*



academy

What are the benefits of taking the course with Virgin Active?

- ✓ Accredited and CIMSPA-endorsed qualification
- ✓ Blended learning experience, face to face and online
- ✓ Train in an industry leading state-of-the-art Academy
- ✓ Industry-leading Academy with modern equipment, gym space and private strength & conditioning studio
- ✓ World-class content developed and delivered by industry experts with over 25 years industry experience





Theo Calvert

Academy Tutor

- Experienced Fitness and PT Manager
- Level 3 Personal Trainer (PT)
- Qualified Tutor and Assessor
- Level 4 IQA
- My favourite part of the course is Fitness testing week!

Barbara 'Babs' Askew

Academy Tutor

- Experienced Group Exercise and PT Manager
- Level 3 Personal Trainer (PT)
- Level 4 Nutrition Coach
- Qualified Tutor and Assessor
- I love the variety within the industry and capacity to learn new things!



- ✓ 10 club passes to train in our Virgin Active clubs
- ✓ Guaranteed interview/progression to Virgin Active's world-class leading PT model
- ✓ Access to vacancies across all Virgin Active clubs

Active iQ



CIMSPA | Training Provider
Education Partner

Where can a career with Virgin Active take me?

- This course acts as a gateway to other fitness qualifications that will unlock opportunities to progress your career to Expert or Master Trainer within Virgin Active. Our most highly qualified and experienced Trainers can become Icon Trainers
- Our employed Trainers do not pay any rent, all tax and national insurance is completed for them and they are paid monthly into their accounts
- Trainers are supported by the Personal Training Manager in their journey to move through the levels, starting at Personal Trainer and all the way up to Icon Trainer

Trainers are assessed on their session delivery and quality, qualifications and completion of in-house education.

- Trainers can even work towards becoming the next Personal Training Manager if they would like to progress to management
- Virgin Active provides in-house education, CIMSPA-endorsd training and discounted qualifications to support Trainers on their career journey
- Our employed Personal Trainers get 30 days paid holiday per year (inclusive of bank holidays), plus their birthday off!
- Each level has a different pay structure, and the rate depends on where the club is situated in the country. All paid sessions are 45 minutes, giving the opportunity to deliver more sessions or have more flexibility in the diary
- Trainers have the opportunity to release a bonus when delivering an average of 20 or more personal training sessions per week over a payroll quarter. The earning potential ranges below equate to 20 – 35 PT sessions per week
- Our employed Personal Trainers can earn over £80,000 per year delivering 35 45-minute sessions per week



Earning potential in London



£24,000 - £42,000



£30,000 - £45,000



£40,500 - £61,000



£51,000 - £89,000

Earning potential outside of London



£14,500 - £25,500



£21,000 - £36,500



£31,000 - £54,500



£47,000 - £82,000

- ✓ As a new Personal Trainer working for Virgin Active, you will also get paid 110 guaranteed hours over your first 12 weeks to support you while you build your business

What will I learn and what is the course structure like?

You will learn the following topics:

- Nutrition for exercise, health and fitness
- Lifestyle and medical factors that affect wellbeing
- How to assess a client's current health and fitness status
- How to plan and conduct physical activity sessions, within a variety of environments using multiple resources
- How to communicate with and effectively build successful relationships with your clients and other health care professionals
- How to set up and manage a personal training business on a self-employed basis
- How to manage, evaluate and improve your own performance



The course runs over 12 weeks

- 5 weeks for the Level 2 Gym Instructor course
- 7 weeks for the Level 3 Personal Trainer course

Level 2 Gym Instructor

Week 1

Welcome webinar - welcome, log-in access, introduce the structure of course and assessments

Week 2

Session 1 - face-to-face - resources and assessment plan, principles of fitness, health and exercise, Member/Instructor relationship

Week 3

Session 2 - face-to-face - revision for multiple choice exam, programme design, health & safety, instructing the Member

Week 4

Session 3 - face-to-face - consultations, setting up a session, exercise explanations, session planning

Week 5

Session 4 - webinar - exam preparation, self-evaluation, Q&A, Assessor feedback

Session 5 - face-to-face - assessments (at scheduled time)

Level 3 Personal Trainer

Week 1

Welcome webinar - welcome, unit breakdown of face-to-face, online, assessments and exams

Week 2

Session 1 - face-to-face - Gym Instructor and PT comparison, PT roles & responsibilities, case study, revision for exams

Week 3

Session 2 - face-to-face - fitness testing; group/paired, muscular strength, endurance & power, recording and reviewing, prep revision

Week 4

Session 3 - face-to-face - assignment; consultation activity

Week 5

Session 4 - face-to-face - workshop; case study and LAP (Learner Achievement Portfolio), continuous assessments; LAP, consultation & group session

Week 6

Session 5 - face-to-face - business acumen, recommendations for technology

Week 7

Session 6 - webinar - final assessment prep

Session 7 - face-to-face - assessments (at scheduled time)

How will the course be assessed?

You will be assessed through a combination of practical demonstrations, your portfolio of evidence, and multiple-choice examinations.

For level 2, this looks like:

- 1 x multiple choice theory exams (online system)
- 3 x worksheets
- 4 x assignments
- 2 x modular observations (group induction)
- 1 x final observation (induction)
- Self-evaluation

For level 3, this looks like:

- 2 x multiple choice theory exams (online system)
- 1 x 12-week case study
- 2 x worksheets
- 3 x assignments
- 2 x modular observations (client consultation, training techniques)
- 1 x final observation (PT session)
- Self-evaluation

How much does the course cost?

The full course costs £1950, which includes both your Level 2 Gym Instructor qualification and Level 3 Personal Trainer qualification.

Level 2 Gym Instructor qualification and the Level 3 Personal Trainer qualification can also be purchased separately:

- Level 2 Gym Instructor qualification costs £750
- Level 3 Personal Trainer qualification costs £1200

Before you join, make sure...

- You have a good level of physical fitness (this is a hands-on course with practical demonstrations involved!)
- You have basic skills in communication (discussing, presenting, reading, writing)

Find your future with Virgin Active

Visit virginactive.co.uk/academy, call 020 8164 6510
or email academy.queries@virginactive.co.uk.



academy

