



More than a **course.**



**Personal  
Training**

**3**

**Apprenticeship**

**Prospectus-  
Local**

# Unlock your potential with an Apprenticeship



## Who Is This For?

This qualification is ideal if you're interested in working as a personal trainer in the sport and recreation industry and need to develop the skills to do so.

## Programme Outputs

- 1) Industry Recognised Apprenticeship Standard.
- 2) Functional Skills in Maths and English.
- 3) Personal Development, Behaviour and Wellbeing.

## The Duration

The Personal Training Apprenticeship lasts 15 months in total. There is further detail about what is taught throughout this duration on pages 4 & 5.

# The Employer commitment

## Employer Commitment

Employers are required to make a number of commitments to their apprentice for the duration of the apprenticeship programme.

- Ensure learners work for a minimum of 16 hours per week.
- Allow for off-the-job training of 20% of working hours.
- Assign an experienced, responsible work-place mentor.
- Support the learner to maintain the highest levels of professionalism and commitment to their responsibilities in line with the Vocational Training Agreement.
- Facilitate the appropriate workplace exposure, tasks and experiences.
- Allow for time and support for the completion of Functional Skills.



# THE UNITS

## **Anatomy, Physiology & Kinesiology**

1- Human movement such as biomechanics, anatomy and physiology such as the cardiorespiratory, musculoskeletal, nervous and endocrine systems and the implications of long and short term exercise on these systems.

## **Lifestyle Management and Client Motivation**

1 -The range of factors that contribute to an individual's lifestyle such as dietary intake, stress, fatigue, alcohol and levels of physical activity.

2 -How to assess clients' readiness to change their behaviour and how to apply a range of appropriate change strategies

3 -How to create a positive environment that motivates and empowers clients, promotes adherence to a behaviour change programme and meets their desired goals.





# THE UNITS

## Health and Wellbeing

1 -Common occurring medically controlled diseases and health conditions affecting the nation such as hypertension, obesity, cardiac pulmonary disease and diabetes and how these may impact on a client's lifestyle.

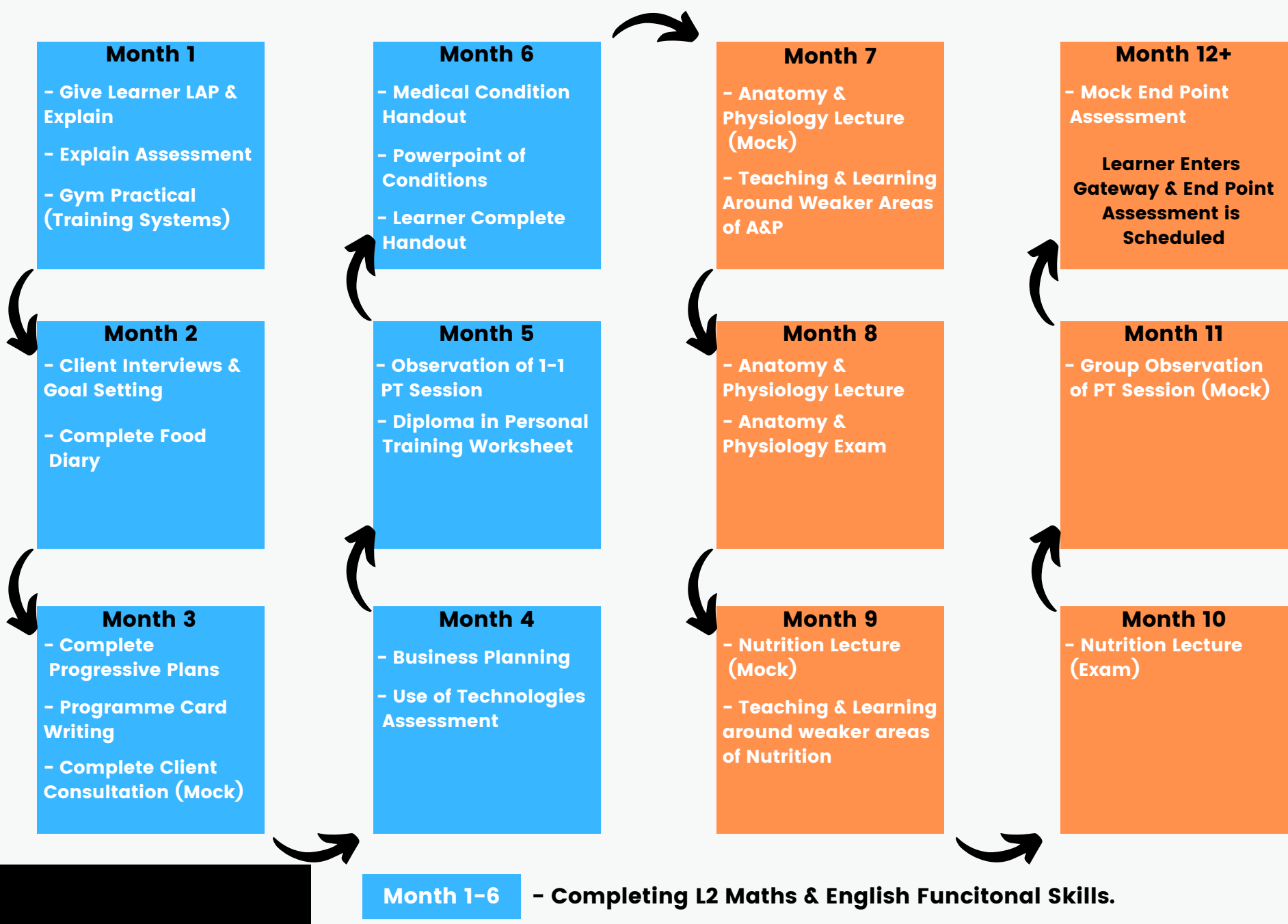
2 -The principles and processes which underpin the assessment of medical readiness to exercise, what conditions exercise can be prescribed for and what conditions would be more appropriately signposted to relevant appropriate professionals for specialist information and guidance.

## Exercise Techniques

1 -How to observe a client's movement, identify incorrect technique and demonstrate the correct and safe way to perform exercises.

2 -How to adapt exercise technique based on clients' fitness and conditioning.





# The Learner Journey

# Payments and Incentives

There are **additional benefits** for employers who invest in training young people who are between **16 and 18:**

- £1000 incentive with £500 payable after 6 months and at achievement.
- If you have less than 50 employees there is no requirement to contribute 10% for 16 to 18 year olds only (still applies to 19+)

**If the person is 19 or over a 5% contribution would be required which is £200. The £200 can be paid over 10 monthly payments if desired.**

**However, if the organisation has a national wage bill of over £3 million, then you would be a levy paying customer and training would be 100% funded.**



# More than a course.

Our commitment is to ensure you have life-long support allowing for your development. By being a Velocity Student you will have access to an exclusive members section, which includes:



**New & regular Podcasts!**



**Exclusive videos and tutorials!**



**Resource sheets to save you time!**



**Regular articles to enhance knowledge!**



**Links to courses to progress your learning!**



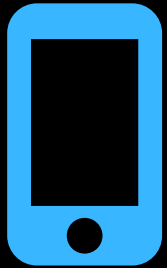
**Regular free webinars!**





# Learning support.

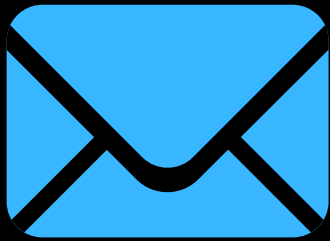
As well as providing the members section on our website, you will also be provided with other aspects of learning support, which include:



**Unlimited over the phone contact with your support tutor.**



**Free and unlimited marking of coursework & assessments!**



**Direct email contact with your support tutor.**



**Scheduled support appointments!**



# See what our students say...

Massive thank you to Velocity and especially Mat for his work and teachings.

Benjamin Crossley



Huge thank you to Mat my tutor for the course for pushing myself to finally finish the course. Couldn't help me enough with the work load and gave me confidence within my work.  
Would highly recommend velocity PT academy!

Dave Lawton

The course was fantastic my tutor was just brilliant. He was always there when I had any questions or queries and was fully backed up by his explanations, he gave in-depth answers to ensure I fully understood the answer.

Hermandeep Shergill

Velocity have been totally amazing, cant recommend them enough!

Zoe Newby

Was an amazing course, and was taught by an awesome tutor!

Shahrukh Chikhalia

I did my Level 3 Personal Training with Mat Mallett from Velocity and he was brilliant! I've always felt uncomfortable in exam situations and he made me feel so relaxed I wasn't even nervous on the day! Doing the course with him was so much fun it hardly even felt like learning!

Alex Keeble

Amazing support, currently I have four employees who are so much more motivated and engaged in the business since working with velocity Academy. I would absolutely recommend this company and feel the level of knowledge they have has really supported my team in delivering a better product in the work place.

Nicola Kydd  
(Energie Stockton Manager)



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**More than a course.**

**Want more  
information?**