

Module specification

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Module Code	SPT448
Module Title	Personal Trainer
Level	4
Credit value	40
Faculty	FSLS
HECoS Code	100433
Cost Code	GASP
Pre-requisite module	SPT447

Programmes in which module to be offered

Programme title	Core/Optional/Standalone
BSc (Hons) Applied Sport and Exercise Sciences for QA and Assessment Purposes	Stand alone

Breakdown of module hours

Learning and teaching hours	130 hrs
Placement tutor support hours	0 hrs
Supervised learning hours e.g. practical classes, workshops	0 hrs
Project supervision hours	0 hrs
Active learning and teaching hours total	130 hrs
Placement hours	0 hrs
Guided independent study hours	280 hrs
Module duration (Total hours)	410 hrs

Module aims

The module aims to develop students' knowledge and understanding of fitness and exercise training methods integrating the skills required when working as a Personal Trainer.

On successful completion of the module students will be awarded the Focus Awards Level 3 Certificate in Planning and Delivering Personal Training (RQF) qualification.

Module Learning Outcomes

At the end of this module, students will be able to:

1	Understand anatomy, physiology, and kinesiology for exercise and health
2	Apply nutritional principles to personal training
3	Design an exercise Programme for personal training clients
4	Deliver an exercise programme for personal training
5	Understand business acumen and the use of information technology for a personal trainer
6	Understand the principles of health and wellbeing for exercise, fitness and health
7	Know how to support clients lifestyle management and enhance client motivation for exercise and physical activity
8	Apply the principles of professional practice and health and safety in a fitness environment

Assessment

Indicative Assessment Tasks:

This section outlines the type of assessment task the student will be expected to complete as part of the module. More details will be made available in the relevant academic year module handbook.

Students will be required to complete a series of workbooks relating to each learning outcome along with a practical observation. Below is the schedule of assessments

Assessment 1: workbook to be completed on Anatomy, physiology, and kinesiology for exercise and health

Assessment 2: workbook to be completed on Applying nutritional principles to personal training

Assessment 3: workbook to be completed on Planning exercise Programme design for Personal Training Clients

Assessment 4: observation to be completed on Delivering exercise programmes for Personal Training sessions

Assessment 5: workbook to be completed on Business acumen and the use of information technology for a personal trainer

Assessment 6: workbook to be completed on Principles of health and wellbeing for exercise, fitness and health

Assessment 7: workbook to be completed on Know how to support clients lifestyle management and enhance client motivation for exercise and physical activity

Assessment 8: workbook to be completed on Principles of professional practice and health and safety in a fitness environment

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1	Coursework	1000	Pass/Refer	NA
2	2	Coursework	1000	Pass/Refer	NA
3	3	Coursework	1000	Pass/Refer	NA

4	4	Practical	1000	Pass/Refer	NA
5	5	Coursework	1000	Pass/Refer	NA
6	6	Coursework	1000	Pass/Refer	NA
7	7	Coursework	1000	Pass/Refer	NA
8	8	Coursework	1000	Pass/Refer	NA

Derogations

None

Learning and Teaching Strategies

This course adopts a blended learning approach, integrating distance learning with face-to-face delivery to provide a flexible yet supportive educational experience. This strategy is designed to accommodate a variety of learning preferences while maintaining high standards of practical and theoretical knowledge. Core theoretical units are delivered online, allowing learners to access materials at their own pace. Learners receive ongoing tutor support via email, virtual meetings, and discussion forums, ensuring engagement and guidance throughout the distance learning phase. Practical skills and assessments are delivered in-person to ensure learners gain hands-on experience and are competent in applying knowledge in real-world settings.

Welsh Elements

The programmes will be delivered through the medium of English. Students are entitled to submit assessments in the medium of Welsh. If students wish to converse in Welsh, they will be assigned a Welsh speaking personal tutor. Students will be sign posted to relevant opportunities via the VLE and MS Teams page.

Indicative Syllabus Outline

- Develop learner knowledge and understanding of anatomy and physiology of the human body, and how this relates to exercise and health, including postural and core stability.
- Develop understanding of nutrition in relation to physical activity programmes and of the strong links to diet and physical activity.
- Develop the knowledge and understanding a personal trainer needs to design, manage, and adapt a personal training programme with apparently healthy adults of all ages.
- Develop the knowledge and understanding a personal trainer needs to deliver exercise and physical activity as part of a programme for apparently healthy adults of all ages.
- Develop the knowledge and understanding of setting up and promoting their own personal training or fitness business.
- Develop knowledge and understanding of the key principles of exercise, fitness and health, including the components, principles and variables of fitness, the health and benefits of physical activity and the importance of healthy eating.
- Develop knowledge and understanding of how to develop effective working relationships with clients, how to provide ongoing customer services, and how to support clients to adhere to exercise/physical activity.
- Develop the knowledge and understanding that personal trainers need to maintain health, safety and welfare in a fitness environment, including the safeguarding of children and vulnerable adults.

Indicative Bibliography

Please note the essential reads and other indicative reading are subject to annual review and update.

Essential Reads:

Grossman, J. (2018). *The Personal Training Business Bible: How to Build a 6 THEN 7 Figure Fitness Business*. Australia: Vivid Publishing.

Other indicative reading:

Hough, P., Schoenfield, B. (2022). *Advanced Personal Training Science to Practice*. 2nd ed. Oxon: Routledge.

Jeffreys, I. (2020). *Effective Coaching in Strength and Conditioning: Pathways to Superior Performance*. 1st ed. London: Routledge.

McArdle, W.D., Katch, F.I., and Katch, V.L. (2023). *Exercise Physiology: Energy, Nutrition, and Human Performance*. 9th Edition. Philadelphia: Wolters Kluwer Health/ Lippincott Williams & Wilkins.

Administrative Information

For office use only	
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