| Module code: MOD006516 | **Version:** 3  **Date Amended:** 15/Jul/2020 |
|---|---|

**1. Module Title**

Personal Trainer

**2a. Module Leader**

Jack Wells

**2b. School**

School of Psychology, Sport and Sensory Sciences

**2c. Faculty**

Faculty of Science and Engineering

**3a. Level**

5

**3b. Module Type**

Placement (pass/fail)

**4a. Credits**

0

**4b. Study Hours**

20

## 5. Restrictions

| Type | Module Code | Module Name | Condition |
|------|-------------|-------------|-----------|
| Pre-requisite: | MOD005669 | Anatomy and Physiology | Compulsory |
| Pre-requisite: | MOD003071 | Sport and Exercise Psychology | Compulsory |
| Pre-requisite: | MOD005671 | Introduction to Human Movement | Compulsory |
| Pre-requisite: | MOD005670 | Exercise Physiology and Nutrition | Compulsory |
| Pre-requisite: | MOD005294 | Applied Sport Pedagogy | Compulsory |
| Exclusions: | None | | |
| **Courses to which this module is restricted:** | BSc Strength and Conditioning with Rehabilitation BSc Sport and Exercise Science BSc Sports Coaching and Physical Education | | |

## LEARNING, TEACHING AND ASSESSMENT INFORMATION

### 6a. Module Description

In order for a gym instructor to progress their careers and work with individuals in the health and fitness industry, a Level 3 Personal Trainer qualification is essential. Gaining this qualification gives employers and the public, assurance of competence within your chosen vocational area. Building on the Level 2 Gym Instructor qualification, in this module you will engage in more complex exercise programming, along with a deeper knowledge of how to work with special populations of clients. You will combine knowledge from previous modules with knowledge and skills specific to personal training.

This course is only open to students who have a pre-existing Level 2 Gym Instructor Qualification

## 6b. Outline Content

- Exercise planning and programming

- Delivering exercise and physical activity as part of a personal training programme

- Nutrition for exercise

- Working with different populations

    - Antenatal & postnatal populations

    - Older populations

    - Younger populations

    - Disabled populations

- Planning marketing and selling exercise services

## 6c. Key Texts/Literature

The reading list to support this module is available at: https://readinglists.aru.ac.uk/

## 6d. Specialist Learning Resources

Sport and Exercise Sciences Labs (Compass House)

## 7. Learning Outcomes (threshold standards)

| No. | Type | On successful completion of this module the student will be expected to be able to: |
|---|---|---|
| 1 | Knowledge and Understanding | Have knowledge and understanding that meets the requirements of a Level 3 Personal Trainer |
| 2 | Intellectual, practical, affective and transferrable skills | Demonstrate the practical competencies required of a Level 3 Personal Trainer |

## 8a. Module Occurrence to which this MDF Refers

| Year | Occurrence | Period | Location | Mode of Delivery |
|---|---|---|---|---|
| 2025/6 | ZZF | Template For Face To Face Learning Delivery | | Face to Face |

## 8b. Learning Activities for the above Module Occurrence

| Learning Activities | Hours | Learning Outcomes | Details of Duration, frequency and other comments |
|---|---|---|---|
| Lectures | 4 | 1-2 | Lecture 4 x 1-hr |
| Other teacher managed learning | 2 | 1-2 | Practical 2-hr |
| Student managed learning | 14 | 1-2 | Production of assessments and self-directed background reading for learning sessions. |
| TOTAL: | 20 | | |

## 9. Assessment for the above Module Occurrence

| Assessment No. | Assessment Method | Learning Outcomes | Weighting (%) | Fine Grade or Pass/Fail | Qualifying Mark (%) |
|---|---|---|---|---|---|
| 010 | Coursework | 1 | 0 (%) | Pass/Fail | 100 (%) |

**Portfolio of learning and in-class assessment**

| Assessment No. | Assessment Method | Learning Outcomes | Weighting (%) | Fine Grade or Pass/Fail | Qualifying Mark (%) |
|---|---|---|---|---|---|
| 011 | Practical | 1-2 | 0 (%) | Pass/Fail | 100 (%) |

**Assessment of an exercise session followed by a viva**

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**In order to pass this module, students are required to achieve an overall mark of 40% (for modules at levels 3, 4, 5 and 6) or 50% (for modules at level 7\*).**

**In addition, students are required to:**
**(a) achieve the qualifying mark for each element of fine graded assessment as specified above**
**(b) pass any pass/fail elements**

**[\* the pass mark of 50% applies for all module occurrences from the academic year 2024/25 – see Section 3a of this MDF to check the level of the module and Section 8a of this MDF to check the academic year]**