



brightdirectiontraining



## LEVEL 3 DIPLOMA IN GYM INSTRUCTING & PERSONAL TRAINING

The Level 3 Diploma in Gym Instructing and Personal Training is an industry recognised qualification designed for those who want to start a successful career in fitness.

This CIMSPA endorsed diploma qualifies learners to work as a fully certified Personal Trainer in gyms across the UK and internationally.

You'll gain the knowledge, confidence and real world experience needed to design and deliver safe, effective, and bespoke training programmes for clients.

### » Who is the course for?

This course is perfect for those looking to turn their passion into a profession and start their career in the fitness industry as a Personal Trainer.

No previous qualifications or experience are required, just motivation, a willingness to learn, and an interest in health, fitness, and helping others achieve their goals.

### » Programme structure

- **Duration:** 14 sessions
- **Delivery:** Classroom-based learning and practical gym sessions
- **Study Format:** Full in-person attendance

You'll learn in a supportive group environment with experienced tutors who are active in the fitness industry, ensuring learning is practical, current, and relevant.

**FROM PASSION TO PROFESSION:  
BECOME A QUALIFIED PERSONAL TRAINER**



# COURSE OVERVIEW

This diploma gives you a strong scientific foundation alongside practical coaching skills.

## Modules

- Anatomy, and Physiology for Exercise
- Maximising the Customer Experience in a Gym Environment
- Supporting Client Health and Well-Being
- Conducting Client Consultations and Gym Inductions
- Planning and Reviewing Gym-Based Exercise Programmes
- Instructing and Supervising Gym-Based Exercise Programmes
- Applied Anatomy and Physiology for Activity, Health and Fitness
- Client Motivation and Lifestyle Management
- Programming Personal Training Sessions
- Delivering Personal Training Sessions
- Nutrition to Support a Physical Activity Programme
- Business Acumen for Personal Trainers

By the end of the course, you'll be confident working with clients of different abilities, goals, and needs.

## Progression

On completion, learners can:

- Work as a qualified Personal Trainer
- Gain employment in gyms, leisure centres, or health clubs
- Become self employed, freelance or set up as an online coach
- Progress onto specialist fitness qualifications

The fitness industry continues to grow, with over 7,000 gyms and fitness centres across the UK, alongside thousands of professionals building successful careers through online personal training, coaching, and health-related services. With increasing demand for qualified fitness professionals, there has never been a better time to enter this industry and turn your passion into a sustainable career.

# COST & PAYMENT OPTIONS

**Course Cost:** £2,199

## Payment Options:

We offer flexible payment options to make this course accessible:

1. Pay in full and receive a **10% discount**
2. **Spread the cost:** secure your place with a **£399 deposit**, then pay the remaining balance in affordable monthly instalments during the course.



## Why Our Courses Are 100% In Person

At Bright Direction Training, we believe the best Personal Trainers are developed through real interaction, real coaching, and real practice.

Benefits of in-person learning include:

- Hands-on coaching experience in a gym environment
- Immediate feedback on technique, cueing, and client interaction
- Greater confidence working with real people, not just theory
- Strong peer support and motivation
- Better preparation for real gym and client settings

Fitness is a practical career. Learning face-to-face ensures you leave fully prepared, not just qualified.



# MEET THE TEAM

Learn from experienced fitness professionals with real industry experience in personal training, coaching, and gym environments. Our tutors bring practical knowledge into every class and are passionate about helping learners develop the skills and confidence needed to succeed in the fitness industry.



## **Personal Trainer, Strength & Conditioning Coach & Tutor**

Declan brings extensive experience from personal training, sports coaching, strength and conditioning, and gym ownership. He specialises in helping learners develop practical coaching skills and understand how to build a successful career within the fitness industry.



## **Personal Trainer, Powerlifter & Tutor**

Abbie is a Personal Trainer and competitive powerlifter with a passion for helping people build strength and confidence. She brings practical industry experience and a supportive approach to helping learners succeed.

# SUPPORT BEYOND YOUR QUALIFICATION

We don't just qualify you - we support you in building a long-term career.

## **Most courses end once you pass. Ours doesn't.**

We know that getting qualified is only the first step - the real challenge is building confidence, getting clients, and turning your qualification into a sustainable income. That's why we've built ongoing support into your journey.

All learners receive:

- ✓ One-to-one mentoring call after qualifying
- ✓ Guidance on career pathways within fitness
- ✓ Advice on employment and self-employment opportunities
- ✓ Progression opportunities into specialist qualifications
- ✓ Ongoing support from our team



# WHY USE BDT FOR YOUR COURSE?

## We Use Industry Experts

Our experienced trainers are the best of the best, and all possess extensive expertise in their areas. They have practical industry experience and can provide valuable insights and real-life examples, enriching your learning experience.

## Strong Focus on Employability and Confidence

We don't just help you gain a qualification - we help you become job-ready.

From practical coaching experience to professional conduct and client communication, our courses are designed to build confidence so you can step straight into employment or self-employment with assurance.

## Support Throughout Your Learning Journey

You'll receive ongoing guidance and encouragement from start to finish - not just at assessment time. Our tutors are there to support your development, answer questions, and help you overcome challenges, ensuring you feel confident and supported every step of the way.

## CIMSPA-Endorsed & Ofqual Regulated Qualifications

Our qualifications are regulated by Ofqual and endorsed by CIMSPA, the professional body for the sport and physical activity sector. This ensures your certification is respected, trusted, and recognised by employers across the UK and internationally.

To see our next course dates or to sign up, simply scan the QR code to be taken to our website.



SCAN ME



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I can't thank Bright Direction Training and Dec enough for their support. This course has helped me grow in confidence and has been instrumental in starting my new career journey. I'm thrilled to have secured a job at JD Gyms, and I know I couldn't have achieved this without the knowledge and guidance provided throughout the course

Shahzaib Shahzad



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