



**TherapyFit**

**PERSONAL TRAINER  
NUTRITIONIST**



**COURSE GUIDE**

# CONTENTS

Course Structure	Pg 2
Level 2	Pg 3-4
Level 3	Pg 5-7
Next Steps	Pg 8
Common Questions	Pg 9

# UNIT GUIDE

Welcome to your level 3 personal trainer nutritionist package. This course guide is your blueprint for completing these qualifications. To complete the qualifications you must achieve the minimum mandatory units as identified below: (the completion order of these units is set out on the student zone)

UNIT CODE	UNIT REF	UNIT TITLE	LEVEL	GLH
USP182	A/617/2590	Anatomy and physiology for exercise and fitness professionals	2	40
USP183	F/617/2591	Professional practice for exercise and fitness professionals	2	28
USP184	J/617/2592	Exercise, fitness and lifestyle consultation and management	3	50
USP185	L/617/2593	Planning and instructing gym-based exercise programmes	2	47
USP186	R/617/2594	Applied anatomy for exercise, fitness, health and wellbeing	3	80
USP187	Y/617/2595	Designing and delivering personal training programmes	3	54
USP188	D/617/2596	Nutrition for exercise, fitness, health and wellbeing	3	42
USP189	H/617/2597	Business awareness and acuity for personal trainers	3	32
UV30539	L/600/9054	Applying the principles of nutrition to a physical activity programme	3	40

## STEP ONE

Upon enrolment you will have been given access to our student portal, [the student zone](#).

This zone consists of a plethora of resources, lectures, presentations and handouts to see you through the qualification. Your first step is to access the student zone (login sent in welcome email) and navigate around the page. Then, please watch the welcome video which will explain the course structure.

## STEP TWO

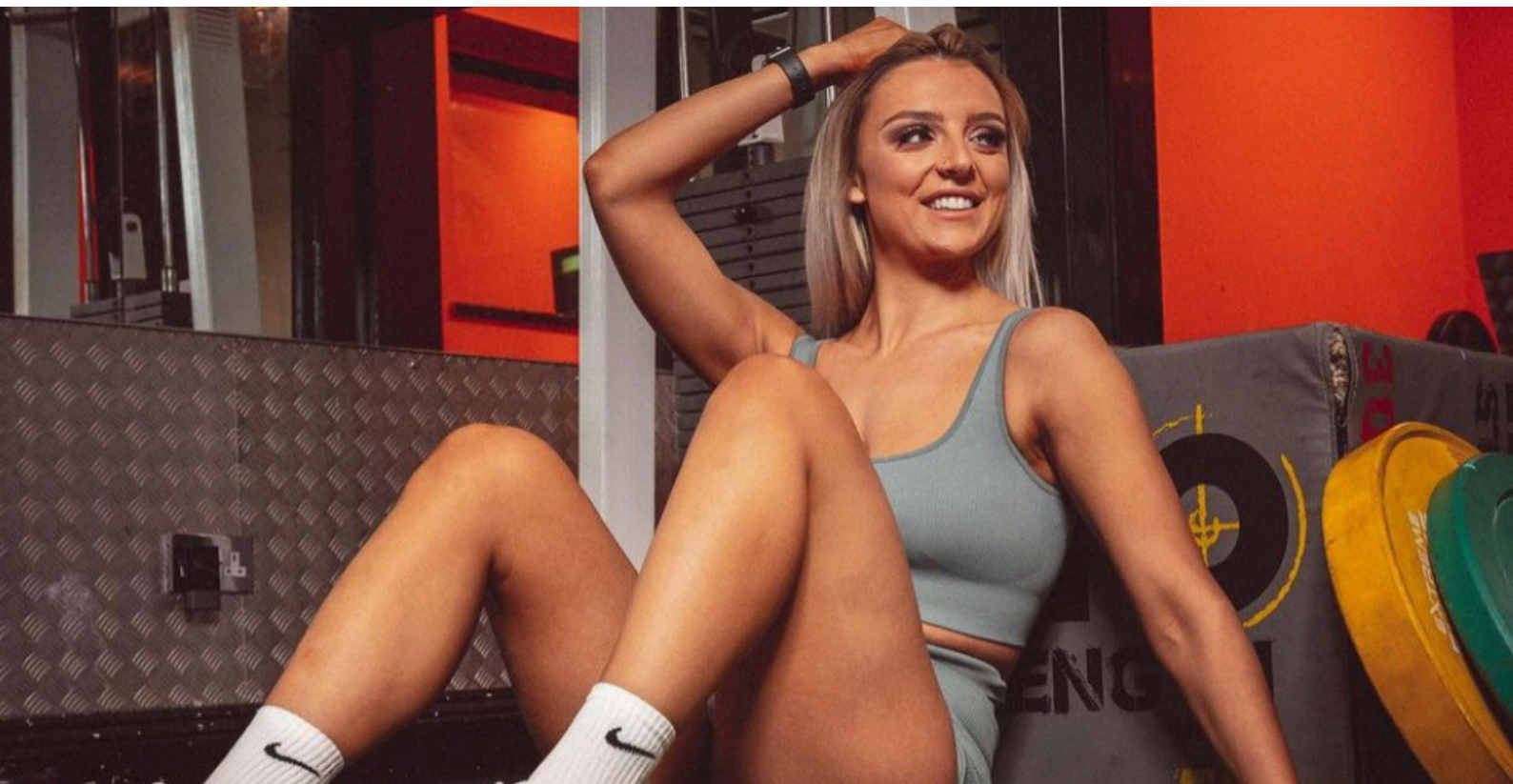
You can now begin the course. Download the workbook "[professional practice](#)" and begin completing these questions based on the tabs and presentations under UNIT 2. You can complete the whole workbook and submit to the [fitness tutor team](#), or we'd recommend completing a lesson objective (LO) at a time. Work will be marked and returned within 48 hours.

## STEP THREE

Download the workbook "[planning and instructing](#)" and begin completing these questions based on the tabs and presentations under UNIT 4. You can complete the whole workbook and submit to the [fitness tutor team](#), or we'd recommend completing a lesson objective (LO) at a time. Work will be marked and returned within 48 hours.

## STEP FOUR

Watch the "[client consultation video](#)" then download the "[consultation template](#)" and complete this based on a REAL client. You will then need to submit the consultation template to your tutor for marking. Once this has been signed off you're ready for the in-person or video assessment of the consultation - Please book a call [here](#) to discuss this further with your tutor.



## STEP FIVE

Watch the "[programme guidance](#)" then download the "[programme card](#)" template. Complete this template based on the client consultation ensuring the criteria in the video is met. Submit this programme card to your tutor for marking, in preparation for the practical assessment. Once this has passed, you are ready for the practical assessment. Please book a call with your tutor [here](#), prior to attempting this.

---

## STEP SIX

The final assessments at level 2 are the multiple choice theory exams, of which there are 2. These are based on:

Unit 1 - Anatomy & physiology

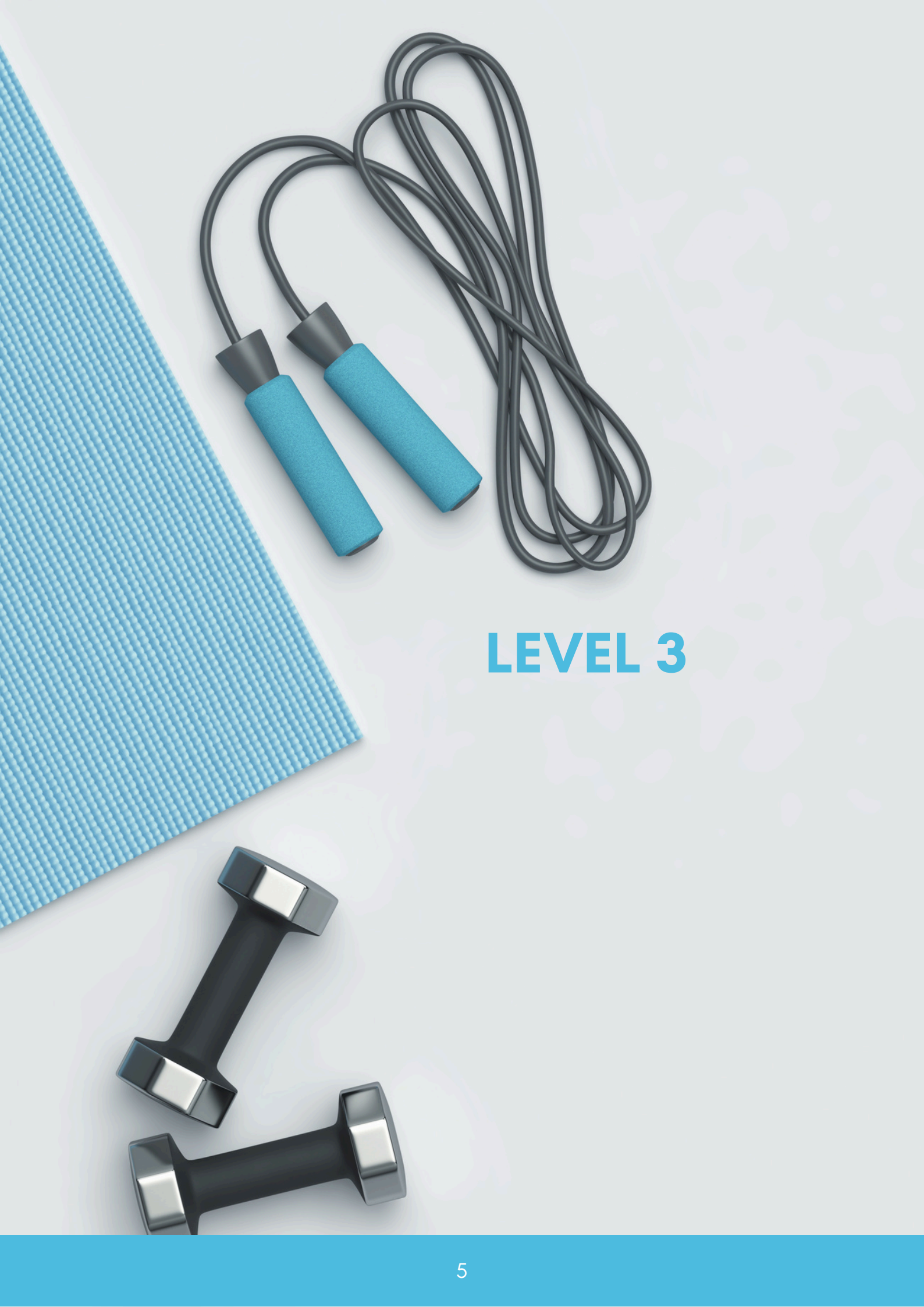
Unit 3 - Exercise fitness and lifestyle management.

Use the pre-recorded lectures and presentations under the relevant units and inform your tutor when you deem you are ready to complete these exams.

---

Upon completion of the exams, that is level 2 complete.





## LEVEL 3

## STEP ONE

Download the workbook "designing and delivering" and begin completing these questions based on the tabs and presentations under UNIT 7. Then use the UNIT 6 Nutrition tabs to assist in completing the case study at the end of the workbook. You can complete the whole workbook and submit to the fitness tutor team, or we'd recommend completing a lesson objective (LO) at a time. Work will be marked and returned within 48 hours..

## STEP TWO

Watch the "12 week programme" video and then then videos within the "training systems" tab

Download the "12 week programme" template and complete this based on the video guidance and the information gathered from the client within the case study. Once complete, submit to the tutor for marking.

## STEP THREE

Once your case study and 12 week programme have been signed off by the tutor team. You're ready for your practical assessment. Please book a call with your tutor to discuss this here

## STEP FOUR

Download the "business acumen" workbook and using the tabs under UNIT 8 complete the questions. Then download the "business plan" template and complete this based on the tabs in UNIT 8. Submit both documents (or one at a time) to the fitness tutor team.



## STEP FIVE

The final assessments at level 3 are the multiple choice theory exams, of which there are 2. These are based on:

Unit 5 - Anatomy & physiology for Exercise

Unit 6 - Nutrition for Exercise

Use the pre-recorded lectures and presentations under the relevant units and inform your tutor when you deem you are ready to complete these exams.

## STEP SIX

You can now begin your nutrition course. You will have access to the course page [here](#). Download the "[nutrition workbook](#)" and begin completing these questions based on the tabs and presentations under [UNIT 1](#). You can complete the whole workbook and submit to the [fitness tutor team](#), or we'd recommend completing a lesson objective (LO) at a time. Work will be marked and returned within 48 hours.





# WHAT'S NEXT?



## Collation

Your work and any evidence will then be collated and sent off to our internal quality assurance team.



## Verification

The IQA will check the validity of the work and ensure everything meets the criteria of the awarding body. This work is then submitted to VTCT's EQA for further assurance checks.



## Certification

Once the I/EQA process is complete we claim your certificate from VTCT and this is sent out to us in the post. We then send the certificate out to you according to your payment plan



# TherapyFit

# COMMON QUESTIONS

## What if my work fails

We don't like the word fail and instead use the word refer. Referral means you or your work aren't ready yet.

When it comes to workbooks, these are a working document and can be submitted as many times as need be.

## How often can I speak with a tutor?

As many times as you need. The "Youcanbookme" feature on both our email signatures and throughout this blueprint can be used to book a call whenever you feel you need one.

## How many attempts are there for practical assessments?

Due to the plethora of resources and extensive guidance from our tutors, you should only ever need one. However, should you fail a practical assessment you have 3 attempts to make amends of either the whole practical or the element you referred on. This will be at the relevant tutors discretion.

## How many attempts are the for the theory exams?

As this is the only element of the course externally assessed, you have 3 attempts to complete the theory exam. However, prior to attempting the multiple choice exams, we have numerous mock exams and tests you can take to ensure you are more than ready for the real thing

## How long does it take for me to receive my certificate?

From completion to achieving your certificate, the whole process can take up to 8 weeks. In the meantime, we are happy to issue learners who's work has been sent to IV an internal certificate of completion for proof of course completion.





TherapyFit

