

DIPLOMA IN PERSONAL TRAINING

Fitness and Sports Sciences Association (FSSA)

Units in DPT (Diploma in PT):

1. Carry out client fitness assessments

Exercise professionals should be able to:

- a) Prepare to assess client fitness*
- b) Conduct fitness assessments*
- c) Analyse and record current levels of client fitness*
- d) Provide feedback to clients about their current levels of fitness*

2. Plan and deliver personal training sessions

Exercise professionals should be able to:

- a) Plan personal training sessions*
- b) Prepare the environment and equipment for personal training sessions*
- c) Prepare clients for personal training sessions*
- d) Demonstrate exercise exercises and use of equipment*
- e) Instruct and adapt planned exercises*
- f) Bring exercise sessions to an end*
- g) Reflect on providing personal training sessions*

3. Design personal training programmes

Exercise professionals should be able to:

- a) Collect information about clients*
- b) Analyse information and agree goals with clients*
- c) Plan personal training programmes*
- d) Plan components of personal training programmes*
- e) Present and agree personal training programmes with clients*

4. Manage, review, adapt and evaluate personal training programmes

Exercise professionals should be able to:

- a) Manage personal training programmes for clients*
- b) Monitor and review on-going progress with clients*
- c) Adapt personal training programmes with clients*
- d) Work with clients to evaluate personal training programmes*
- e) Identify lessons for future practice*

5. Apply the principles of nutrition and weight management to exercise programme design

Exercise professionals should be able to:

- a) Collect and analyse nutrition and weight management information*
- b) Plan how to apply the principles of nutrition and weight management to an exercise programme*
- c) Apply the principles of nutrition and weight management to an exercise programme*
- d) Modify and review nutrition and weight management strategies*

6. Apply the principles of exercise science to programme design

Exercise professionals should be able to:

- a) Apply knowledge of musculoskeletal anatomy to programme design*
- b) Apply knowledge of biomechanics to programme design*
- c) Apply knowledge of physiology to programme design*

7. Support long term behaviour change by monitoring client exercise adherence and applying motivational techniques

Exercise professionals should be able to:

- a) *Collect information to assist clients to develop strategies for long-term behaviour change*
- b) *Assist clients to develop strategies for long-term behaviour change*
- c) *Assist clients to implement strategies to improve client exercise adherence*

8. Undertake small business planning (Entrepreneurship)

Exercise professionals should be able to:

- a) *Develop a business plan*
- b) *Develop strategies for minimising commercial risks*