

Performance Training Academy

Level 2 Certificate in Fitness Instructing & Level 3 Certificate in Personal Training

Course Progress and Assessment Checklist

Level 2 Certificate in Fitness Instructing				
Unit	Resources	Complete	Assessment	Complete
		✓		✓
Principles of Exercise, Fitness and Health	<ul style="list-style-type: none"> PTA Level 2 Manual - Pages 8 -55 		<ul style="list-style-type: none"> Mock Test - Link found in last lesson of the unit. Final Unit Exam - Arranged with Support Tutor, completed on Level 2 Assessment day in exam conditions. 	
Know how to support clients who take part in physical activity	<ul style="list-style-type: none"> PTA Level 2 Manual - Pages 56 - 99 		<ul style="list-style-type: none"> Online Quiz - Link and login details can be found in last lesson of the unit. 	
Health, safety and welfare in a fitness environment	<ul style="list-style-type: none"> PTA Level 2 Manual - Pages 100 - 131 		<ul style="list-style-type: none"> 2 x Online Quizzes - Link and login details can be found in last lesson of the unit. 	
Anatomy & Physiology	<ul style="list-style-type: none"> PTA Level 2 Manual - Pages 132 - 251 Anatomy & Physiology Workbook 		<ul style="list-style-type: none"> Mock Test - Link found in last lesson of the unit. Final Unit Exam - Arranged with Support Tutor, completed on Level 2 Assessment day in exam conditions. 	
Planning and Instructing Gym Based Exercise	<ul style="list-style-type: none"> PTA Practical Manual 		<ul style="list-style-type: none"> LAR Worksheets - <ol style="list-style-type: none"> Planning Gym Based Exercise Worksheet Instructing Gym Based Exercise Worksheet Practical Assessment - Delivered on Level 2 Assessment Day 	
<ul style="list-style-type: none"> Full Level 2 Certificate in Fitness Instructing Assessment Overview: <ul style="list-style-type: none"> Principles of Exercise, fitness and health - Multiple Choice Exam Know how to support clients - Online Quiz Health, safety and welfare - 2 x Online Quizzes Anatomy & Physiology - Level 2 Multiple Choice Exam Planning Gym Based Exercise - LAR Worksheet 1 Delivering Gym Based Exercise - LAR Worksheet 2 Planning and Instructing Gym Based Exercise - Practical Assessment 				

Level 3 Certificate in Personal Training

Unit	Resources	Complete	Assessment	Complete
Anatomy & Physiology	<ul style="list-style-type: none"> • PTA Level 3 Manual - Pages 10 - 129 • Anatomy & Physiology Workbook 	✓	<ul style="list-style-type: none"> • Mock Test - Link found in last lesson of the unit. • Final Unit Exam - Arranged with Support Tutor, completed on Level 3 Assessment day in exam conditions. 	✓
Delivering Personal Training - Part One	<ul style="list-style-type: none"> • PTA Level 3 Manual - Pages 130 - 162 		<ul style="list-style-type: none"> • LAR Worksheets - 5. Delivering Personal Training Knowledge Questions 	
Programming Personal Training	<ul style="list-style-type: none"> • PTA Level 3 Manual - Pages 163 - 234 		<ul style="list-style-type: none"> • LAR Worksheets - <ul style="list-style-type: none"> • 1. Programming Personal Training with Clients - Knowledge Questions • 2. Client Profile - Training • 3. Goal Setting • 4. 12 Week Programme Overview 	
Nutrition	<ul style="list-style-type: none"> • PTA Level 3 Manual - Pages 235 - 371 		<ul style="list-style-type: none"> • Mock Test - Link found in last lesson of the unit. • Final Unit Exam - Arranged with Support Tutor, completed on Level 3 Assessment day in exam conditions. • LAR Worksheets - <ul style="list-style-type: none"> • 6. Applying the Principles of Nutrition to a Physical Activity Programme - Knowledge Questions • 7. Client Profile - Nutrition • 8. Nutritional Profile and Analysis • 9. Nutrition Goal Setting • 10. Nutritional and Activity/Exercise Plan 	
Delivering Personal Training - Part Two	<ul style="list-style-type: none"> • PTA Practical Manual 		<ul style="list-style-type: none"> • Practical Assessment - Delivered on Level 3 Assessment Day 	

- Full Level 3 Certificate in Personal Training Assessment Overview:
 - Anatomy & Physiology - Level 3 Multiple Choice Exam
 - Nutrition - Multiple Choice Exam
 - LAR Worksheets:
 - 1. Programming Personal Training with Clients - Knowledge Questions
 - 2. Client Profile - Training
 - 3. Goal Setting
 - 4. 12 Week Programme Overview
 - 5. Delivering Personal Training Knowledge Questions
 - 6. Applying the Principles of Nutrition to a Physical Activity Programme - Knowledge Questions
 - 7. Client Profile - Nutrition
 - 8. Nutritional Profile and Analysis
 - 9. Nutrition Goal Setting
 - 10. Nutritional and Activity/Exercise Plan
- Delivering Personal Training - Practical Assessment