

Course Outline: Diploma in Strength and Conditioning and Personal Training

Take the next step in shaping your career as a personal trainer by enrolling in our Diploma in Strength and Conditioning and Personal Training. This comprehensive course equips you with the essential skills and knowledge to deliver high-quality and engaging training sessions, preparing you to excel in the evolving field of personal training.

The increasing recognition of the importance of strength-based training, particularly among new demographics such as youth and older adults, coupled with the surge in competitive fitness events and the heightened visibility and representation of female athletes, has led to a transformation of gyms into comprehensive facilities resembling high-performance training centres. As this evolution has redefined the role of the modern personal trainer, our course, endorsed by CIMSPA, integrates the Diploma for UKSCA Strength and Conditioning Trainers to provide a robust learning experience for aspiring fitness professionals.

Participants will develop a deep understanding of strength and conditioning principles and learn to adapt them to a diverse range of needs and environments. Through a blend of theoretical learning and practical application, key pillars such as foundational movement skills, strength-based training, energy systems training, coaching science, physical assessments, nutrition, group coaching, and business strategies are explored. Upon qualifying, students will not only gain a diploma but also acquire the insights necessary to confidently kickstart or advance their careers as personal trainers.

The aims of this course are as follows:

1

To provide a comprehensive and expert-led CIMSPA-endorsed Diploma in Personal Training, which includes the Diploma for UKSCA Strength and Conditioning Trainers.

2

To enhance the core curriculum of the diploma based on the needs analysis and feedback from our diverse group of learners and professional partners. Our goal is to offer the most robust and up-to-date learning experience, contributing to the development of professional and confident personal trainers.

3

To create a community of ambitious and collaborative personal trainers and S&C practitioners who will apply their skills across various environments and embrace the use of modern technology to enhance their communication, coaching, and practical training delivery.

What you'll learn:



Foundation Movement Skills (FMS)

You will develop your personal and coaching skills by delving into the science and practical application of foundational movement skills (FMS). Mastering the art of building physical development pathways in diverse training environments, you'll implement FMS coaching across various contexts, including youth, older adults, rehabilitation, recreational fitness, and performance athletes, with an emphasis on versatility.

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Strength-Based Training (SBT)

We will equip you with the skills to confidently design, demonstrate, and deliver enjoyable and effective strength-based training sessions as a coach. Through refining your understanding of facility and equipment operations, known as our S&C “toolbox,” you’ll ensure safe and proficient practice.



Energy Systems Training (EST)

Addressing a common area of uncertainty for coaches, you’ll explore the intricacies of energy systems training both practically and theoretically. This part of the course will ensure you possess a diverse range of training solutions to meet your participants’ fitness goals effectively.



Coaching Science

You’ll gain a clear understanding of coaching science and the fundamental principles of strength and conditioning vital for effective coaching. Guided by expert tutors, you’ll design and deliver a 12-week case study with a real participant, with access to credible information sources and appropriate technological tools to enhance your coaching and programming skills.



Screening and Assessment Techniques

With the opportunity to explore robust screening and physical assessment methods, alongside goal-setting strategies, you’ll develop your understanding of the adaptations required to ensure inclusivity and design programmes tailored for clients of all abilities.



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Group Coaching

Integral to many successful fitness businesses, group coaching enables trainers to make a positive impact on the health and fitness of more clients. In our PT Diploma, we will support you through a real group case study lasting several weeks. You will learn to design group fitness programmes, explore strategies for building an exercise community, and successfully achieve group and individual goals.



Nutrition

Nutrition and exercise go hand-in-hand, and it's no secret that diet can be a confusing and emotive topic. On our course, you will learn how you can play an important role in helping clients to gain a better understanding of their nutritional status, and crucially, to know the boundaries of your professional practice.



Business and Marketing Strategies

Most personal trainers and an ever-increasing number of S&C coaches are self-employed. You will explore essential business and marketing strategies in our enterprise journey module, including developing your brand, financial planning, and digital marketing. We encourage and support our learners to do this 'for real' rather than hypothetically while on the course, helping to kickstart your career as a self-employed personal trainer under expert guidance.



Who this course is aimed at:

Whether you're a fitness enthusiast with a desire for a career change, a young athlete or graduate who is passionate about pursuing a career as a PT, or an existing personal trainer looking to enhance their knowledge and skill set, this programme provides advanced training to help you excel in your career and gain invaluable insights into strength and conditioning practices.

Course structure:

Our Diploma programme is built on a minimum of **6 face-to-face full-day workshops** and extensive group and personal online tutor support throughout the **26-week course**. The 'magic' and the value lauded by our learners is the detailed and personal support provided on a weekly basis. Our tutors and online forum connect trainees with each other and a network of experienced coaches. We connect and communicate with employers and your participants to help provide you with appropriate support throughout your journey on the strength and conditioning diploma.

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For further information on our courses and workshops
please get in touch at info@aperformance.co.uk
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Find out more at aperformance.co.uk/courses

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