



**BECOME A PERSONAL TRAINER.
GAIN LEVEL 3 DIPLOMA IN
FITNESS INSTRUCTING AND
PERSONAL TRAINING**

PTCOURSE.CO.UK

**BACKED BY YOUR ADVOCATE AND
SUPPORT NETWORK EVERY STEP
OF THE WAY**



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DAMIAN HALL

Damian Hall – Advocate & Mentor for Aspiring Personal Trainers

With over 20 years in the fitness industry, I've seen firsthand what it takes to turn passion into a career—and now, I help future personal trainers do exactly that. As an Advocate at [PTcourse.co.uk](https://www.ptcourse.co.uk), I'm here to support you through every stage of your learning journey, from day one to qualification and beyond.

Drawing from my experience as a coach, wellness consultant, and retreat leader, I offer more than fitness knowledge—I provide the tools, mindset, and structure you need to succeed as a learner.

Here's how I support you on your PT course journey:

- **Clear Study Guidance** – Helping you break down content, stay organised, and manage your learning
- **Ongoing Motivation** – Keeping you focused and energised when the going gets tough
- **Mindset & Accountability Coaching** – Building confidence and consistency in your studies
- **Career Insight & Industry Prep** – Offering real-world advice to help you step into your PT role with purpose
- **Specialist Support** – Holistic health, body transformation, and behavioural change coaching to shape you as a well-rounded trainer
- **Personalised Check-Ins** – You're never alone—I'm here to guide and encourage you every step of the way

Whether you're balancing study with work or just need someone in your corner, I've got your back.

Reach out anytime—let's unlock your potential and get you qualified with confidence.

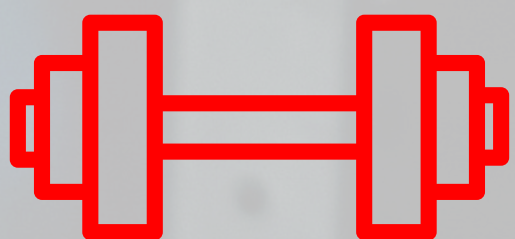




Immediate Support: I'm just a call away for advice or motivation. Any time you feel overwhelmed, I am here as your personal mentor.



Video call: Sometimes, its just as easy to jump on a call to get one one-on-one help through live sessions. I am always here to support you through your journey.



Technique Support

If you'd like help with your form or technique, feel free to send me over some video footage. I'm more than happy to review it and give you supportive, constructive feedback to help you improve.

I'm here to guide you through the process and make sure you feel confident every step of the way.



WHO ARE PTCOURSE.CO.UK

PTcourse.co.uk is a trusted platform offering a tried-and-tested 13-week course for aspiring personal trainers, supported by advocates. With expert guidance, interactive tools, and ongoing support, it equips you with the skills and knowledge to build a successful fitness career.

WHAT QUALIFICATION IS IT

This 13 week plan forms the Level 3 Diploma in Fitness Instructing and Personal Training — a recognised qualification that includes both the Level 2 Certificate in Fitness Instructing (Gym) and the Level 3 Certificate in Personal Training. These modules provide learners with the knowledge, skills, and confidence to coach effectively in gym environments and work independently as personal trainers.

WHO ARE THE ADVOCATES

Advocates are experienced professionals in the fitness sector, dedicated to supporting your journey through PTcourse.co.uk. They provide guidance, share insights, and help you apply your knowledge to real-world personal training scenarios.

WHO ARE THE LEARNERS

Learners are aspiring personal trainers enrolled in PTcourse.co.uk, guided by their advocate. They are individuals seeking expert support, practical knowledge, and the tools to build a successful career in fitness.



PTcourse.co.uk: Serving as the backbone of your training, PTcourse.co.uk provides comprehensive, structured content. The platform supports your educational journey by ensuring that both you and your Advocate have access to all the necessary resources for a successful learning experience. Additionally, it facilitates your one-on-one sessions with the educational support staff, further enhancing your training and readiness for professional challenges.

Advocate: Your dedicated guide, armed with expertise and a passion for personal training, ready to mentor you throughout your course. They offer tailored advice, continuous support, and practical insights to help you excel

Learner: That's you! Actively engaging with both your Advocate and the course material. Your proactive involvement is key to applying what you learn and mastering the practical skills necessary for your future career



SESSION OVERVIEW

- **Session 1: Welcome to the Course!** - Kickstart your journey as a personal trainer by exploring the course structure, connecting with tutors, and engaging with a supportive community.
- **Session 2: Advocating Anatomy and Physiology and Success** - Understand how the body moves and functions to design safe, effective, and science-backed fitness programmes.
- **Session 3: Advocating Professionalism in the Fitness Industry** - Learn how to build trust and inspire clients by developing professionalism, communication, and empathy.
- **Session 4: Advocating Consultation and Goal Setting** - Master the skills to understand client needs, set SMART goals, and design personalised fitness programmes.
- **Session 5: Advocating Structured Client Programme Design** - Create tailored fitness programmes that combine structure, creativity, and advanced techniques.
- **Session 6: Advocating Practical Excellence in Your Assessment** - Showcase your ability to deliver safe, engaging, and client-focused sessions in your Gym Practical Assessment.
- **Session 7: Advocating Progress with Interactive Learning** - Strengthen your knowledge of anatomy, nutrition, and programming through engaging and practical learning materials.
- **Session 8: Advocating Sound Nutrition for Physical Activity** - Learn to guide clients on making informed dietary choices that align with their fitness goals.
- **Session 9: Become an Advocate of Data Collection** - Use fitness assessments to track progress, refine programmes, and build trust with your clients.
- **Session 10: Advocating Informed Nutritional Choices via Food Diary Analysis** - Discover how analysing food diaries can help clients improve their habits and achieve better results.
- **Session 11: Advocating Advanced Programming for Personal Training Clients** - Explore advanced techniques like periodisation, GVT, and core stability to optimise client results.
- **Session 12: Advocating for Your Skills in Action Through PT Video Assessment** - Deliver a standout client session showcasing your advanced programming and client-focused approach.
- **Session 13: End of Course Review - Private Tutor Check-In** - Reflect on your journey, celebrate your progress, and plan your next steps with guidance from your tutor.



SESSION 1

WELCOME TO THE COURSE!

Introduction

Welcome to the start of your journey to becoming an exceptional personal trainer! This week is all about building a strong foundation for your learning experience, connecting you with the PTcourse.co.uk platform, knowledgeable tutors, and a community of like-minded peers.

You'll uncover the course structure, key milestones, and resources to empower your success. More importantly, you'll get an exclusive opportunity to hear from industry professionals who have navigated the highs and lows of this rewarding career, giving you real-world insights into what it takes to excel as a fitness professional. By the end of this week, you'll feel equipped, motivated, and ready to take the first steps toward a fulfilling career where you can inspire and transform lives.

Tasks to be Completed

- Engage with the interactive learning materials, including 3D animations, videos, and resources.
- Begin and complete the auto-marked Anatomy and Physiology coursework.
- Participate in discussion boards to share insights and clarify questions about the material.

How This Will Help the Personal Trainer

This week lays the groundwork for your success by introducing you to the tools and resources available through PTcourse.co.uk. You'll understand how to navigate the platform, manage your coursework, and connect with your support network.

Engaging with peers and industry professionals will help you develop relationships that inspire collaboration and foster a growth mindset, essential qualities for a successful personal trainer.



SESSION 1

ADVOCATING PRIVATE TUTOR CHECK-INS

Private tutor check-ins

Private tutor check-ins offer a transformative opportunity for you to engage directly with an expert tutor, meticulously refining your personal training programme designs. These sessions are invaluable, providing tailored feedback and strategic guidance that elevate your professional capabilities, ensuring your training plans are not only effective but also pioneering in meeting client goals.

Private tutor check-ins occur during the following sessions in the course, providing focused, one-on-one guidance to review and enhance your learning and programme design skills:

- **Week 5: Advocating Structured Client Programme Design** - 1st Private Tutor Check-In
- **Week 6: Advocating Practical Excellence In Your Assessment** - 2nd Private Tutor Check-In
- **Week 7: Advocating Progress with Interactive Learning** - 3rd Private Tutor Check-In
- **Week 9: Become an Advocate of Data Collection** - 4th Private Tutor Check-In
- **Week 10: Advocating Informed Nutritional Choices via Food Diary Analysis** - 5th Private Tutor Check-In
- **Week 11: Advocating Advanced Programming for Personal Training Clients** - 6th Private Tutor Check-In
- **Week 12: Advocating for Your Skills in Action Through PT Video Assessment** - 7th Private Tutor Check-In
- **Week 13: End Of Course Review** - Private Tutor Check-In

Summary

This week sets you up for success by introducing the course structure, key resources, and support systems. You'll start your journey with confidence, motivation, and the tools needed to excel in your personal training career.



SESSION 2

ADVOCATING ANATOMY AND PHYSIOLOGY AND SUCCESS

Introduction

Welcome to Session 2! Imagine this: a client wants to push their limits during a high-intensity workout. With the knowledge you'll gain here, you'll understand how to optimise the firing of neural pathways to recruit muscle fibres effectively, increasing power and precision in every movement.

You'll also learn how to enhance oxygen consumption, ensuring the 5 litres of blood circulating through the body efficiently fuel the over 600 muscles responsible for moving the 206 bones in the skeleton. Combine this with an understanding of the body's energy systems, and you'll know how to convert carbohydrates, fats, and proteins into the fuel needed to meet any physical demand. This isn't just knowledge—it's your pathway to becoming a trainer who delivers exceptional results backed by science.

Tasks to be Completed

- Exercise Anatomy and Physiology.

How This Will Help the Personal Trainer

By mastering Anatomy and Physiology, you'll unlock the ability to design programmes that utilise the body's systems to their full potential. You'll know how neural pathways control muscle activation, how oxygen supports endurance, and how energy systems adapt to meet the demands of different activities. This knowledge will enable you to train clients more effectively, enhancing both performance and recovery.

Summary

This session equips you with the scientific foundation to understand and apply the principles of movement, energy, and oxygen consumption. By completing the coursework, you'll position yourself as a personal trainer who combines expertise with results-driven programming, setting you apart as a leader in the industry.



SESSION 3

ADVOCATING PROFESSIONALISM IN THE FITNESS INDUSTRY

Introduction

Do you want to be the trainer clients rave about—the one they recommend to everyone they know? It all starts with professionalism and truly understanding your clients. This session focuses on Consultation, Lifestyle Management, and Risk Stratification, giving you the tools to connect with clients, uncover what motivates them, and address their unique needs. You'll learn how to identify high-risk clients, assess medical conditions, and design programmes that are safe, effective, and tailored to their goals.

Now let's meet Jane, your new client. Jane is a busy professional with a demanding job, two kids, and a history of knee pain that she's worried about worsening through exercise. Your role isn't just to prescribe a workout; it's to understand her life holistically. This session will teach you how to assess her daily routine, support systems, and medical history to create a programme that strengthens her knees safely and aligns with her lifestyle. By mastering these skills, you'll build trust with clients like Jane and create personalised programmes that inspire loyalty and lasting results.

Tasks to be Completed

- Maximise the Customer Experience.
- Routine Maintenance and Cleaning.
- Professional Practice in a Fitness Environment.
- Consultation, Lifestyle Management, and Risk Stratification.

How This Will Help the Personal Trainer

This session arms you with the skills to set yourself apart as a trusted and dependable professional. You'll learn how to elevate client interactions, maintain an organised and safe environment, and tailor programmes that reflect individual needs. By understanding communication, consultation techniques, and gym maintenance, you'll develop a reputation for reliability and care—key ingredients for a thriving career in fitness.

Summary

This session builds your expertise in professionalism, client care, and communication, empowering you to create meaningful connections and deliver exceptional training experiences. When you show clients you're invested in their success, they'll invest in you.



SESSION 4

ADVOCATING CONSULTATION AND GOAL SETTING

Introduction

This session is where your role as a personal trainer becomes truly exciting. Imagine being the expert who uncovers everything about a client—from their fitness goals to their health metrics—and uses that information to create a plan that changes their life. You'll dive deep into data collection, gathering details like **blood pressure classification, BMI, VO2Max scores, and body composition percentages** to gain a clear understanding of your client's starting point. You'll also explore their **waist-to-hip ratio, risk levels, and physical activity history**, identifying possible risks and opportunities for growth. What's more, you'll discover what **motivates them, their exercise likes and dislikes**, and even how their lifestyle impacts their journey. By pairing this information with SMART goal setting, you'll provide clients with a roadmap that inspires confidence and delivers results.

Tasks to be Completed

- Client Consultation – Upload a 5-10 minute video outlining your client's data and goals.
- Data Collection – Collect static and dynamic fitness metrics, including VO2Max, body composition, and risk level assessment.
- Goal Setting – Develop short-, medium-, and long-term SMART goals tailored to your client's unique needs and aspirations.
- **1st Private Tutor Check-In:** After your assessment is marked, book a one-to-one session with your tutor for personalised feedback and guidance.

How This Will Help the Personal Trainer

This session equips you to become a truly client-focused trainer. By understanding your client's health data, preferences, and risks, you'll have everything you need to design personalised programmes that are safe, effective, and inspiring. SMART goal setting gives you the framework to keep clients motivated, while your knowledge of their physical and lifestyle factors ensures every step of their journey feels achievable. These skills set you apart as a trainer who delivers real results and builds trust along the way.

Summary

This session transforms data into action. By understanding consultation, data collection, and SMART goal setting, you'll gain the ability to design tailored fitness programmes that meet your clients where they are and help them achieve where they want to go. This is where true transformation begins.



SESSION 5

ADVOCATING STRUCTURED CLIENT PROGRAMME DESIGN

Introduction

Programme design is where your expertise and creativity as a personal trainer truly shine. Whether you're using battle ropes, sleds, dumbbells, or even minimal equipment, this is your opportunity to craft workouts that are effective, engaging, and tailored to your client's goals. This session focuses on bringing together all the key elements—administrative setup, warm-ups, main sessions, recovery phases, and post-exercise recommendations—into a seamless, results-driven programme. You'll learn how to incorporate techniques like **Fartlek, Interval, and LSD training**, along with dynamic exercises such as **sled pushes, slam balls, plyometric jumps, ladders, battle ropes, and sandbag movements**. You'll also gain the skills to include a variety of tools, such as **dumbbells, cables, bars, bands, and bodyweight movements**, ensuring every workout is as versatile as it is effective. This is your chance to deliver programmes that motivate, challenge, and inspire your clients.

Tasks to be Completed

- Complete your Programme Design, incorporating key elements like:
- **2nd Private Tutor Check-In:** After your coursework is marked, book a one-to-one session with your tutor to review your programme and receive personalised feedback.

How This Will Help the Personal Trainer

Understanding programme design empowers you to create sessions that are engaging, safe, and tailored to your client's needs. You'll learn to structure warm-ups, dynamic flexibility, cardio, resistance training, and core work while integrating recovery strategies. By including techniques like Fartlek and Interval training, as well as innovative exercises using sleds, battle ropes, and bodyweight movements, you'll offer programmes that are effective and exciting. These skills enhance your credibility and set you apart as a trainer who delivers personalised, impactful experiences.

Summary

This session teaches you how to design creative, structured, and results-focused programmes that incorporate a variety of tools and techniques. By understanding the art of programme design, including post-exercise recovery recommendations, you'll ensure every session motivates your clients and helps them achieve their goals.



SESSION 6

ADVOCATING PRACTICAL EXCELLENCE IN YOUR ASSESSMENT

Introduction

This session is all about stepping into the spotlight with the **Gym Practical Assessment**! It's your moment to shine and demonstrate your ability to deliver a safe, effective, and engaging gym session. This is where all your training and knowledge come together, as you tailor exercises to your client's needs, communicate clearly, and keep every movement purposeful and professional. Think of this as your rehearsal for the real world—every cue, every adjustment, and every bit of energy you bring shows how ready you are to transform lives. The video assessment isn't just a test; it's an opportunity to elevate your skills. With constructive feedback and practice, you'll refine your delivery, build confidence, and solidify your professionalism. Show why you're on the path to becoming an incredible PT!

Tasks to be Completed

- **Prepare:** Review the assessment criteria and practice delivering a structured and client-focused gym session.
- **Deliver:** Record and upload your Gym Practical Assessment video, ensuring exercises are safe, effective, and tailored to your client's goals and abilities.
- **Reflect:** Use feedback from your **1-2-1 session** and your assessor's review to identify your strengths and refine areas for improvement.
- **3rd Private Tutor Check-In:** Book your one-to-one session for personalised guidance and support.

How This Will Help the Personal Trainer

The Gym Practical Assessment is your opportunity to develop confidence and competence in delivering professional gym sessions. By focusing on **clear communication, exercise adaptation, and safety**, you'll enhance your ability to motivate and engage clients. Feedback from your tutor and assessor will guide you in honing your delivery, helping you become a trusted, client-focused professional.

Summary

This session highlights your ability to deliver an engaging, safe, and results-driven gym session. By preparing thoroughly and applying feedback, you'll take your skills to the next level, building confidence as a professional personal trainer.



SESSION 7

ADVOCATING PROGRESS WITH INTERACTIVE LEARNING

Introduction

Get ready to level up! This session is where science meets action, and you learn to unlock the secrets of movement mastery. Picture this: your client is struggling with overhead presses, and you swoop in with your knowledge of rotator cuff muscles (supraspinatus, infraspinatus, teres minor, subscapularis) to help them stabilise their shoulder and smash their goals. Or imagine coaching a client through a multiplanar lunge, explaining how their joints, core stability, and anatomical planes all work together to create smooth, efficient movement. Whether it's designing explosive routines powered by energy systems or teaching the value of weight-bearing exercises for strong bones, this session gives you the tools to be the trainer who always has the answers. Let's turn science into your secret weapon.

Tasks to be Completed

- Complete all modules on topics like core stability, joint mechanics, rotator cuff function, and energy systems.
- Prepare notes or questions for your tutor about advanced concepts like motor unit activation or bone density.
- Brainstorm fun and creative ways to use this knowledge in client programming—think dynamic, multiplanar routines that inspire confidence and strength.

How This Will Help the Personal Trainer

This session equips you to solve problems and get results. You'll learn to tweak movement patterns for maximum efficiency, build programmes that prevent injuries, and use concepts like reciprocal inhibition and recovery principles to power progress. From stabilising shoulders for overhead lifts to teaching rotational power in a swing, your ability to connect science with action will make clients trust you and love their sessions. Plus, being the trainer who can explain the "why" behind every movement? That's next-level coaching!

Summary

This session is your springboard to becoming a science-backed movement monster. With knowledge of anatomy, physiology, and recovery in your toolkit, you'll design workouts that inspire confidence, deliver results, and keep training fun. Show the world why you're the trainer everyone's talking about!



SESSION 8

ADVOCATING SOUND NUTRITION FOR PHYSICAL ACTIVITY

Introduction

Did you know a 2% drop in hydration can significantly impact performance and concentration? Or that glycogen fuels high-intensity workouts while fatty acids power low-intensity, long-duration activity? As a personal trainer, understanding these principles helps you guide clients in optimising performance and recovery. You'll know when to recommend carbohydrate-rich meals to replenish glycogen or educate clients on hydration to avoid fatigue. This session equips you with essential insights to provide evidence-based advice, align fitness goals, and support sustainable habits. It's about empowering clients to fuel workouts, recover effectively, and achieve lasting success—all within your professional scope.

Tasks to be Completed

- Complete the interactive learning material on nutrition for physical activity.
- Complete the following:
 - Anatomy, Physiology, and Kinesiology.
 - Nutrition for Physical Activity.
 - Lifestyle Management and Client Motivation / Health and Wellbeing.
 - Information Technology and Business Acumen.
- Complete your case study.

How This Will Help the Personal Trainer

Understanding nutrition concepts allows personal trainers to align dietary advice with client fitness goals safely and effectively. Understanding macronutrients, micronutrients, and energy balance ensures you can design tailored programmes that optimise performance and recovery. By recognising signs of disordered eating and using credible sources for guidance, you'll establish yourself as a knowledgeable and reliable professional who prioritises client wellbeing.

Summary

This week equips you with the skills to integrate nutrition into your training practice, ensuring clients achieve their fitness and wellness goals through evidence-based dietary advice. By understanding these principles, you'll enhance your ability to deliver holistic and impactful programmes.



SESSION 9

BECOME AN ADVOCATE OF DATA COLLECTION

Introduction

Can you imagine trying to guess how fit you've become without testing? It's like baking a low carb cake and hoping it tastes good without ever checking the recipe or taking a bite! Data collection takes the guesswork out of training. By understanding key metrics like **oxygen consumption (VO2 Max)**, **body composition**, and **flexibility**, you'll gain a clear picture of where your client is starting and where they're headed. Did you know that VO2 Max reflects how efficiently your body uses oxygen during exercise, and improving it can supercharge endurance? Or that tracking changes in body composition—not just weight—shows how muscle and fat ratios are improving? These insights aren't just numbers—they're the foundation for celebrating progress, adjusting programmes, and keeping clients motivated. Let's ditch the guesswork and show your clients the science behind their success!

Tasks to be Completed

- **PT 1:** PAR-Q.
- **PT 2:** Objective and Subjective Data Collection – Programme Design.
- **4th Private Tutor Check-In.**

How This Will Help the Personal Trainer

Data collection equips you with the tools to create personalised, effective programmes. By tracking **oxygen consumption**, **body composition**, **flexibility**, and other metrics, you'll gain a deeper understanding of your client's fitness level and needs. Combining these insights with subjective feedback allows you to design programmes that deliver measurable progress while keeping clients engaged and motivated.

Summary

This session focuses on the importance of data collection in creating tailored fitness programmes. By combining metrics like VO2 Max and body composition with personal insights, you'll inspire confidence, deliver results, and build lasting relationships with your clients.



SESSION 10

ADVOCATING INFORMED CHOICES VIA FOOD DIARY ANALYSIS

Introduction

Nutrition isn't just about food—it's about **behaviour, change**, and empowerment. As a personal trainer, your role is to guide clients in understanding not only what they eat but why they eat it, helping them build the tools to make **lasting changes**. **Food diary analysis** isn't simply about tracking calories or nutrients—it's about uncovering habits, patterns, and **emotional triggers** that may be holding your clients back. Whether it's helping someone incorporate more energy-boosting carbs before a workout or teaching them how to break free from late-night **snacking cycles**, your guidance can make a powerful difference. This session will equip you to merge science-based **nutritional advice** with practical behaviour-change strategies, empowering your clients to create healthier habits that last.

Tasks to be Completed

- **PT 3:** Collect and analyse nutritional information.
- **PT 4:** Apply the principles of nutrition to a physical activity programme.
- **PT 5:** Complete a 7-day recall diary for your client.
- **5th Private Tutor Check-In:** Use your tutor session to refine your analysis and gain deeper insights into supporting behaviour change.

How This Will Help the Personal Trainer

By understanding the connection between nutrition and behaviour, you'll go beyond simply offering dietary advice. You'll learn how to uncover what **drives a client's habits**, address barriers to change, and provide the tools they need to adopt healthier behaviours. This skill allows you to guide clients toward sustainable progress, empowering them to take control of their nutrition in a way that **supports their fitness goals** and overall wellbeing.

Summary

This session blends nutritional science with behaviour-change strategies, giving you the skills to create tailored, actionable plans for your clients. By **helping clients** understand their habits and giving them the tools to make **lasting changes**, you'll strengthen your role as a supportive, results-focused trainer.



SESSION 11

ADVOCATING PROGRAMMING FOR PERSONAL TRAINING CLIENTS

Introduction

Advanced programming is where good trainers become exceptional, creating solutions that evolve with clients' progress and goals. This session introduces advanced techniques like **German Volume Training (GVT)** for hypertrophy, **Variable Resistance Training** to challenge strength, and **Local Core Exercises** to target the deep-lying stabilising muscles, essential for spinal support and posture. You'll also learn about **Global Core Exercises**, which focus on larger muscle groups for dynamic movements, and advanced stretching techniques such as **PNF Stretching (CRAC method)** and **Active Isolated Stretching (AIS)** to enhance flexibility and recovery. By incorporating these tools into your programming, you'll deliver sessions that are not only effective but also highly engaging, helping clients improve performance, movement, and overall health. This is your chance to take training to the next level and build programmes that inspire long-term success.

Tasks to be Completed

- Design two programmes—one for Week 4 and one for Week 8—that build on your client's progress and incorporate advanced techniques.
- Create a 12-week periodisation plan tailored to your client's goals, incorporating progression and recovery.
- Design a non-exercise-focused programme addressing lifestyle goals like improving posture, stress management, or daily functional movements.
- **6th Private Tutor Check-In:** Use this one-to-one session to refine your programming and ensure alignment with client goals.

How This Will Help the Personal Trainer

By integrating advanced techniques like **GVT**, **Variable Resistance Training**, **Local Core Exercises** for deep stabilisation, and **Global Core Exercises** for dynamic strength, you'll create programmes that optimise performance and adaptability. Advanced stretching methods like **PNF (CRAC)** and **AIS** will enhance recovery and mobility, allowing you to address client needs comprehensively and effectively.

Summary

This session equips you with advanced programming tools, including core training, stretching techniques, and hypertrophy protocols, to create personalised, engaging, and impactful programmes for build long-term success.



SESSION 12

ADVOCATING SKILLS IN ACTION THROUGH PT VIDEO ASSESSMENT

Introduction

The final session of your course is your opportunity to shine and demonstrate everything you've learned through a **Practical Assessment**. Whether it's implementing **cluster sets**, **tempo training**, **isometric holds**, **contrast sets**, or **German Volume Training (GVT)**, this assessment proves your adaptability and expertise. You'll also showcase your ability to deliver **Global Core Exercises**, focusing on larger muscle groups for dynamic movements, and advanced stretching techniques like **PNF Stretching (CRAC method)** and **Active Isolated Stretching (AIS)**. Incorporating the **4Ms**—**Manage** your environment, **Monitor** your client, **Move** around your client, and **Motivate** through feedback—this is your chance to highlight your creativity, professionalism, and readiness to deliver exceptional, client-centred training sessions that inspire results.

Tasks to be Completed

- **Practical Assessment:** Submit your video demonstrating advanced programming techniques and a structured client session that incorporates the **4Ms**.
- **7th Private Tutor Check-In:** Receive personalised feedback on your assessment and guidance for further refinement.

How This Will Help the Personal Trainer

This assessment combines advanced training methods like **GVT**, **contrast sets**, and **core work** with dynamic movement and advanced stretching techniques to show your range as a trainer. By managing your environment, monitoring your client's form and progress, moving strategically to assess performance, and motivating effectively, you'll demonstrate a comprehensive approach to personal training that builds trust and delivers results.

Summary

This final session showcases your ability to integrate advanced training techniques, global core exercises, and stretching methods with the **4Ms**. It's your opportunity to highlight your expertise, adaptability, and readiness to deliver outstanding client-centred sessions.



SESSION 13

END OF COURSE REVIEW – PRIVATE TUTOR CHECK-IN

Introduction

Welcome to Session 13! This final session is about more than just looking back—it's about celebrating how far you've come and planning for what's next. Over the past 12 weeks, you've built a foundation of knowledge, developed essential skills, and proven your ability to deliver exceptional client experiences. Now, it's time to pause, reflect, and refine. During this session, you'll meet with your tutor to discuss your progress, address any remaining challenges, and identify the best ways to move forward in your career as a personal trainer.

The support team at PTcourse.co.uk ensures you leave not just with a certificate but a clear career direction. Whether helping you choose qualifications, attract clients, or build your brand, we're here to help you progress. This isn't the end of your journey—it's the start of a new chapter. Together, we'll explore how to use what you've learned to carve out a fulfilling, successful career in the fitness industry.

Tasks to be Completed

- Attend your **private tutor check-in session** to receive tailored feedback and guidance.
- Reflect on your progress over the past 12 weeks, discussing successes, challenges, and lessons learned. Work with your tutor to identify areas for continued growth and set actionable goals for your career.

How This Will Help the Personal Trainer

This session is your opportunity to consolidate your learning and prepare for the real-world demands of personal training. By discussing feedback and reflecting on your experiences, you'll gain deeper insights into your strengths and the areas you can continue to develop. With the guidance of your tutor and the support team, you'll leave this programme with the tools, confidence, and direction to excel in your career. Whether it's building your client base, specialising in a specific area, or growing your knowledge further, we're here to help you take the next step.

Summary - This is your launchpad to success!

This session wraps up your journey by celebrating your progress, addressing any challenges, and planning for your future. With the guidance of your tutor and the support team, you'll leave feeling confident and professional, and ready to inspire and transform the lives of your clients.

