

FREE CAREER GUIDE

Turn Your Passion for Fitness into a Career

Your guide to becoming
a qualified **Personal Trainer**.

Whether you're looking for a complete career change or taking your first step into the fitness industry, this guide will show you how the **NCFE Level 3 Diploma in Gym Instructing and Personal Training** could help you build a rewarding new career.

“ *Helping people become healthier could become your career.* ”



NCFE

LEVEL 3 DIPLOMA

**GYM INSTRUCTING
&
PERSONAL TRAINING**



**FLEXIBLE
LEARNING**



**TUTOR
SUPPORT**



**PRACTICAL
WORKSHOPS**



**FUNDING
AVAILABLE***



COULD THIS BE YOUR NEXT CAREER?

A career in Personal Training is about more than fitness. It's about helping people, building confidence and creating a future you'll love.

Whether you want a fresh start, more flexibility or to build your own business, the fitness industry offers real opportunity and long-term rewards.



WHO IS THIS CAREER FOR?



CAREER CHANGER

Looking for something more rewarding?

Make a fresh start in a career that's fulfilling, flexible and focused on making a difference.



FITNESS ENTHUSIAST

Want to turn your passion into a profession?

If you love fitness and helping others, this is your chance to do what you enjoy – every day.



FUTURE BUSINESS OWNER

Dream of working for yourself?

Build your own personal training business and enjoy the freedom and lifestyle you've always wanted.



WHY CHOOSE A CAREER IN PERSONAL TRAINING?



MAKE A REAL IMPACT

Help people achieve their goals and transform their lives for the better.



FLEXIBLE LIFESTYLE

Work the hours that suit you and create the lifestyle you want.



STRONG CAREER GROWTH

High demand for qualified trainers with excellent earning potential.



BE YOUR OWN BOSS

Work independently or build your own successful business.



INDUSTRY RECOGNISED

Gain a respected qualification that opens doors across the fitness industry.



JOIN A COMMUNITY

Be part of an inspiring community of fitness professionals.

“ The best investment you can make is an investment in **yourself**. ”



READY TO FIND OUT MORE?

Download our **Funding Guide** to learn about fees and funding options.



WHY CHOOSE SPORT STRUCTURES?

We're dedicated to developing confident, capable Personal Trainers who are ready to make a real difference in the lives of others.

With flexible learning, expert tutors and practical workshops, we give you the support, skills and confidence to build a successful career in fitness.



WHAT MAKES DIFFERENT?



FLEXIBLE LEARNING

Study online at your own pace, around your work and lifestyle.



EXPERT TUTORS

Learn from experienced industry professionals who are here to support you every step of the way.



PRACTICAL WORKSHOPS

Hands-on workshops give you the real-world skills and confidence to train clients effectively.



COURSEWORK-BASED ASSESSMENT

No exams. Build a portfolio of evidence that shows your practical knowledge and understanding.



INDUSTRY RECOGNISED QUALIFICATION

NCFE Level 3 Diploma in Gym Instructing and Personal Training – recognised and respected by employers across the industry.



ONGOING LEARNER SUPPORT

From enrolment to qualification and beyond, our team is here to help you succeed.



The support I received was outstanding. The tutors are approachable and really know their stuff. I felt prepared and confident from day one. ”



10,000+
LEARNERS TRAINED
AND SUPPORTED



20+ YEARS
OF EXPERIENCE IN
EDUCATION



SUCCESS
YOUR CAREER.
OUR COMMITMENT.



WHAT YOU'LL LEARN

Our Level 3 Diploma gives you the knowledge, skills and confidence to become a successful Personal Trainer.



CONSULT WITH CLIENTS



PLAN EFFECTIVE PROGRAMMES



COACH WITH CONFIDENCE



SUPPORT LIFESTYLE GOALS



BUILD PRACTICAL EVIDENCE



PREPARE FOR WORK



WE'RE HERE TO SUPPORT YOU

You'll be supported by experienced tutors, every step of the way.



HAVE QUESTIONS?

Our team is ready to help. Get in touch today.



YOUR LEARNING JOURNEY

Our Level 3 Diploma is designed to fit around your life while giving you the skills and experience you need to become a confident, capable Personal Trainer.



FLEXIBLE STUDY

Learn online at your own pace, whenever and wherever suits you.



TUTOR SUPPORT

Get expert guidance and personal support from experienced tutors.



PRACTICAL WORKSHOPS

Attend four interactive workshops to develop your skills and confidence.



PORTFOLIO-BASED ASSESSMENT

Build a portfolio of evidence that shows your real-world competence.



ONLINE LEARNING



WORKSHOP 1



WORKSHOP 2



WORKSHOP 3



WORKSHOP 4



ASSESSMENT



QUALIFICATION



READY TO START YOUR JOURNEY?

Register your interest today and take the first step towards an exciting new career.

REGISTER YOUR INTEREST →



YOUR CAREER STARTS NOW

Choosing to train as a Personal Trainer is the first step towards a rewarding and flexible career where you can inspire, support and change lives every day.

We'll give you the knowledge, skills and confidence to succeed – and the team behind you all the way. The future is in your hands.

Let's build it together.



WHERE A CAREER IN FITNESS CAN TAKE YOU



PERSONAL TRAINER

Work in gyms, studios, leisure centres or independently.



FITNESS COACH

Support clients in reaching their goals through exercise and lifestyle change.



GYM MANAGER

Lead teams and operations in fitness facilities and health clubs.



FURTHER STUDY

Progress to higher qualifications and specialist training.



SELF-EMPLOYED

Build your own business and enjoy the freedom you deserve.



READY TO TAKE THE FIRST STEP?

Register your interest today and we'll guide you towards starting your journey.

REGISTER YOUR INTEREST →



Sport Structures gave me the knowledge, support and confidence to turn my passion for fitness into a career I love. I'm now helping others achieve their goals every day."



JAMES H.
Level 3 Diploma Graduate



WE'RE WITH YOU EVERY STEP

From your first enquiry to your qualification and beyond, our team is here to support your success.



EXPERT GUIDANCE

Friendly advice from people who care.



QUALITY TRAINING

Industry-recognised qualifications you can trust.



ONGOING SUPPORT

We're here to help you achieve your goals.



YOUR SUCCESS

Your future. Your career. Our commitment.



FUNDING MADE SIMPLE

We offer clear, flexible funding options to help you invest in your future and start your career with confidence.



BUY OUTRIGHT

Pay in full and own your qualification.

ONE-OFF PAYMENT

£1,997

- ✓ Full access to your course
- ✓ No application process
- ✓ Start straight away



ADVANCED LEARNER LOAN

Spread the cost with a government-backed loan.

TOTAL COURSE FEE

£2,895

- ✓ No upfront tuition fees
- ✓ Pay back a small percentage of your income
- ✓ Repayments start once you're earning above the threshold



Our team is here to help you understand your options and find the right funding solution for you.

Invest in your future.
We'll support you every step of the way.



NEED HELP?

Get in touch with our team for personalised advice.



DOWNLOAD OUR FUNDING GUIDE

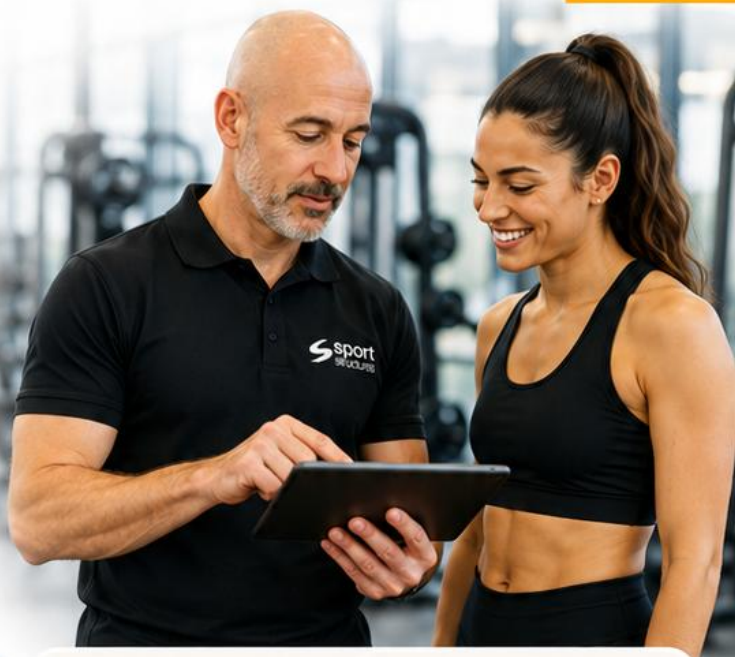
Get all the details about your funding options, eligibility and repayment information.



Scan me

FREQUENTLY ASKED QUESTIONS

Here are answers to some of the most common questions about our Level 3 Diploma in Gym Instructing and Personal Training.



CAN I STUDY AROUND WORK?

Yes. Our flexible online learning means you can study at your own pace, whenever it suits you.



DO I NEED EXPERIENCE?

No prior experience is required. We'll give you everything you need to succeed.



ARE THERE EXAMS?

No. This qualification is assessed through practical tasks and a portfolio of evidence.



HOW LONG DOES IT TAKE?

Most learners complete the course within 12–18 months, depending on your pace.



WHAT SUPPORT WILL I RECEIVE?

You'll have access to expert tutors, learning resources and ongoing support throughout your journey.



HOW DOES FUNDING WORK?

Advanced Learner Loans are available for eligible learners. See our Funding Guide for full details.



MEET YOUR TUTOR

Dave brings over 15 years of experience in the fitness industry as a Personal Trainer, coach and educator. He's passionate about helping you build the knowledge, skills and confidence to thrive as a professional.



Industry expert and experienced educator



Dedicated to your success



Passionate about helping you thrive



STILL HAVE QUESTIONS?

We're here to help. Get in touch with our team and we'll be happy to support you.

GET IN TOUCH →



READY TO TAKE THE NEXT STEP?

**Your new career could
start today.**

We'll support you every step of the
way towards a rewarding career
as a Personal Trainer.



YOUR NEXT STEPS


1

**DOWNLOADED
THIS GUIDE**

Great first step!
You're on your way
to an exciting new
career.


2

**READ THE
FUNDING GUIDE**

Learn about funding
options and how we can
help make your training
a reality.


3

**ARRANGE A
CONVERSATION
(OPTIONAL)**

Speak to our team to
ask questions and get
personalised advice.


4

**COMPLETE YOUR
LEARNER APPLICATION
WHEN YOU'RE READY**

Apply online when
you're ready to take
the next step.



TAKE THE FIRST STEP TOWARDS YOUR FUTURE

Places are limited – secure your place today
and take the first step towards an amazing
career in Personal Training.

REGISTER YOUR INTEREST →



*Scan me
to register*



VISIT OUR WEBSITE
www.sportstructures.com



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funded-training@sportstructures.com



CALL US
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