

CIMSPA-ENDORSED LEVELS 2 & 3 SPORTS QUALIFICATIONS

VTCT QUALIFICATIONS IN INSTRUCTING AND PERSONAL TRAINING

New standards

These qualifications were based on **new professional standards** founded on Sport England's professional workforce strategy. No prerequisites are required for the Level 2 qualifications. Level 2 is a prerequisite for the Level 3 certificate in Personal Training. There are no prerequisites for the combined diploma qualifications.



Fill skills gaps

They were designed to **fill the skills gaps** that employers and users of the service were highlighting. These include a lack of commercial acumen, lack of customer service, and the need to improve social skills and behaviour change.

CIMSPA endorsed

The qualifications meet all CIMSPA requirements. Learners are eligible to become members of the chartered professional body, once qualified.



Why choose one of these qualifications?

These allow learners to develop a **wider set of skills in a shorter space of time** because all of the Level 2 qualifications have three common units. Therefore once a learner completes one qualification, they only need to do one unit to gain another full qualification.

Progression may be onto higher level qualifications in exercise and health such as working with people with long term medical conditions or working with inactive people. Those taking additional qualifications may also gain access to High Education to study sports degrees.



Industry demand

- The European fitness club market grew by 8% last year, primarily due to the increase in private fitness clubs
- UK health & fitness market is the second biggest in Europe
- Gym membership is up 4% this year to 60 million members across Europe

European Health & Fitness Market | Report 2019. Deloitte.



Assessment methods

The assessment method is an important part of the qualification. All qualifications include external theory examination, a practical assessment of skills and accumulation of portfolio of evidence.



Example salaries (in 2019)

Typical starting salary for personal trainers working for a gym is around £16,000. With a year or more's experience, though, they can usually expect to earn between £20,000 and £35,000.

