

## **Level 2&3 Personal Trainer Diploma: Overview**

This is an industry recognised diploma that qualifies you as both a gym instructor and personal trainer. It is recognised by The CPD Certification Service. If you want to pursue a career in the health and fitness industry as a personal trainer working freelance or in commercial/private gyms, then this course is for you. You will be instructed by experienced and highly knowledgeable tutors with Msc Strength & Conditioning qualifications and years of experience; meaning this course will push you and educate you further than most level 3 courses. During the 10-week course you will complete 40 hours of practical learning in our private studio which has been kitted with the very best equipment. With the practical elements you will integrate theory that will be tested through a coursework format. ADC Academy also offer students the chance to shadow our very own coaches and assist in sessions so you can learn the real-world applications. A laptop or tablet will be required to complete the course work and access learning resources, your tutor will assist you with any technical help needed if unfamiliar.

Personal training is a fun and rewarding career path. Here at ADC-academy we believe in going above and beyond to give our clients the best service possible, we will teach you not only how to be a personal trainer but how to be a holistic coach that focuses on all aspects of a healthy active lifestyle.

## **What will you learn? Course modules**

Anatomy and Physiology:

- Muscular system
- Energy system
- Nervous and endocrine system
- Joint functions and anatomical movement

Fundamentals of Nutrition:

- Importance macro and micronutrients
- Calorie intake and calculations
- Fat loss vs weight loss
- Nutrition for muscle mass and performance

## Coaching Theory and Application:

- Types of learning and cues
- Controlling the coaching environment
- Coaching reflection
- Providing a service

## Programming & Principles of Training:

- Training strategies, modalities, and principles
- Exercise progressions and regressions
- Periodisation
- Movement patterns

## Case Studies

At ADC Academy we believe in teaching coaches' principles and theory that will be applied in their everyday work. We will not ask you to revise anything that will not benefit your coaching knowledge or skill and spend more time focusing on making you the best coach you can be. Therefore, you shall be completing a series of case studies across the course that will emphasise on applying the knowledge you have learnt into a real-life scenario. Your tutor will fully explain what is required upon starting the course.

## Anatomy and Physiology: Case study brief

- Using the knowledge learnt from the ADC Academy resources and theory sessions, note all the anatomical movements and muscles involved for the lower body and upper body exercises listed:

### *Lower:*

- Barbell Back Squat
- Barbell Deadlift
- Barbell Split squat
- Barbell Hip thrust

## *Upper:*

- Barbell Bench Press
- BB Bent over Row
- BB Shoulder Press
- Pull Up

## Fundamentals of Nutrition: Case study brief

- Using the knowledge learnt from the ADC resources and theory sessions choose a client of choice (friend/family member or Academy partner) and give calculated recommendations for their calorie and macronutrient intake regarding flexible dieting principles.

## Programming & Principles of Training: Case study brief

- Plan and create a 30-minute training session that covers the key lifts whilst integrating multiple principles of training.

## Practical sessions:

As stated, students will be required to complete 40 hours of practical learning in person at the ADC studio. This will be split into 10 4-hour sessions. During these sessions your tutor will be constantly integrating theory to give you the best understanding of why we teach our methods. This course is designed not only become level 3 qualified PT but allow you to reach the best standard of coaching possible and provide your clients with a 5-star service.

## Week 1:

- Course intro
- How to conduct a warmup
- Coaching the back squat and variations
- Anatomy and anatomical movement

## Week 2:

- Types of learning and coaching cues
- Coaching the deadlift and variations
- Energy systems
- Progressions and regressions

## Week 3:

- Movement patterns
- Coaching upper body push 1
- Coaching upper body pull 1
- Introduction to nutrition fundamentals

## Week 4:

- Calculating calories and macros
- Coaching upper push 2
- Coaching upper pull 2
- Flexible dieting

## Week 5:

- Programming and how to create a training plan
- Periodisation
- Coaching the hinge variations
- Managing volume and intensity

## Week 6:

- Coaching the lunge variations
- Introduction to corrective exercise
- Introduction to injury prevention
- Controlling the coaching environment

## Week 7:

- How to train the core
- Importance of conditioning
- How to create a fitness class plan
- HIIT training

## Week 8:

- Book look & case study guidance
- Assessment brief
- Planning your assessment
- Practical recap

Week 9:

- Mock assessment

Week 10:

- Practical assessment

Your practical 1-1 personal training assessment session will be conducted over 30 minutes and be assessed by your ADC Academy tutors. A full brief and guidance will be provided prior to the assessment day. You will be patterned with your fellow students and be given a time slot for the day. If any injuries or medical issues occur before assessment day we can be flexible with date. We look forward to helping you start your coaching journey.

