

Unit Title	Unit Ref	Level	GLH	Credit
Mandatory units				
Anatomy physiology and kinesiology for exercise and health	K/617/8594	3	43	6
Applying nutritional principles to personal training	M/617/8595	3	40	6
Planning exercise Programme design for Personal Training Clients	T/617/8596	3	47	7
Delivering exercise programmes for Personal Training sessions	A/617/8597	3	58	9
Business acumen and the use of information technology for a personal trainer	F/617/8598	3	35	5
Principles of health and wellbeing for exercise, fitness and health	Y/617/8588	2	28	4
Know how to support clients lifestyle management and enhance client motivation for exercise and physical activity	R/617/8590	2	13	2
Principles of professional practice and health and safety in a fitness environment	Y/617/8591	2	16	2
Planning professional practice with effective consultations and assessments for gym-based exercise sessions	D/617/8592	2	23	4
Instructing professional practice and effective exercise supervision in gym-based exercise sessions	H/617/8593	2	37	6

Nvq Personal Trainer Manual

**John Miller, Margaret Stacey, Tony
Scriven**



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