

Gym Instructing and Personal Training NCFE Diploma Level 3



Course Details

Course Code: 12713-DSC-24

Study Programme Manager: Gemma Illsley

Course Start: 11th September 2024

Timetabled days: Wednesday, Thursday, Friday (09:00 – 16:30)

YOU ARE ADVISED TO PROVIDE THE FOLLOWING RESOURCES FOR YOUR COURSE:

- Course kit / PPE (see kit list below)
- 1 A4 lever arch file
- 1 pack of file dividers
- A4 pad of ruled paper
- Plastic folder for storing handouts
- Pens, pencils, ruler etc

Some college coursework is completed and submitted electronically, so it is advisable that learners have access to a smart device (laptop, desktop, tablet or smartphone) in order to complete coursework while at home.

Essential Kit List




In order to safely and effectively participate in all of your timetabled practical sessions, and to represent the College when working with external groups, you will be required to wear clothing fit for the purposes of this course, including:




- Training/running shoes
- Training shorts
- Training top
- Tracksuit bottoms/leggings
- 1 x Sweatshirt/Hoody (Duchy College branded)
- 2 x T-shirts (Duchy College branded)
- Towel
- Water bottle


Duchy College clothing is to be worn during all practical training sessions

Duchy College branded clothing can be purchased from our online store at Snowland Embroidery throughout the year at the following address: <https://bit.ly/3PGHWLX>

Please note that it is highly likely that you will have at least one practical session each day while you are in College. Therefore, it is recommended that you have spare clothing available with you every day.

Item	Remarks
 <p>Women's Cool Smooth T-shirt £7.50</p>	<p>Duchy College Personal Training Ladies Cool Smooth T shirt (snowlandembroidery.com)</p> <p>Sizes: XS 8 S 10 M 12 L 14 XL 16</p>
 <p>Women's Scoop Neck T-shirt £9.99</p>	<p>Duchy College Personal Training Scoop Neck T Shirt (snowlandembroidery.com)</p> <p>Sizes: XS 8 S 10 M 12 L 14 XL 16 2XL 18 3XL 20</p>
 <p>Men's Cool T-shirt £7.50</p>	<p>Duchy College Personal Training Mens Cool Smooth T Shirt (snowlandembroidery.com)</p> <p>Sizes: XS 35/37" S 37/39" M 39/41" L 41/43" XL 43/45" 2XL 45/48" 3XL 48/50"</p>

 <p>Unisex Fitness Hoodie 21.99</p>	<p>Duchy College Personal Training Fitness Hoodie (snowlandembroidery.com)</p> <p>A lighter weight hoodie with 4-way stretch and active fit.</p> <p>Sizes: S 37/39" M 39/41" L 41/43" XL 43/45" 2XL 45/48"</p>
 <p>Women's Hoodie £18.50</p>	<p>Duchy College Personal Training Womens Hoodie (snowlandembroidery.com)</p> <p>Sizes: XS 8 S 10 M 12 L 14 XL 16 2XL 18</p>
 <p>Men's Hoodie £18.50</p>	<p>Duchy College Personal Training Mens Hoodie (snowlandembroidery.com)</p> <p>Sizes: XS 34" S 36" M 40" L 44" XL 48" 2XL 52"</p>

 <p data-bbox="368 533 608 593">Unisex Sweatshirt £15.95</p>	<p data-bbox="794 199 1337 271"><u>Duchy College Person Training Sweatshirt (snowlandembroidery.com)</u></p> <p data-bbox="794 315 868 344">Sizes:</p> <p data-bbox="794 353 879 383">XS 34"</p> <p data-bbox="794 392 868 421">S 36"</p> <p data-bbox="794 430 874 459">M 40"</p> <p data-bbox="794 468 863 497">L 44"</p> <p data-bbox="794 506 874 535">XL 48"</p> <p data-bbox="794 544 890 573">2XL 52"</p>
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Trips, visits and additional qualifications

We will make every effort to offer learners numerous opportunities to participate in trips, visits, and additional qualifications, which may involve additional expenses.

Induction Week

All learners will be involved in a one-day induction on **Wednesday 4th September**; giving you the opportunity to complete your re-enrolment and all mandatory induction tasks in a single day. There will also be a range of practical sessions taking place, so please ensure you come along with suitable practical kit (College transport will be available).

Gemma is the new study programme manager and starts in August. In the meantime, please contact ME on jamie.coates@cornwall.ac.uk if you have any questions.

We look forward to seeing you soon.

Jamie Coates

Curriculum Area Manager for Sport, Outdoor Adventure Education and Military and Protective Services

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