

## Personal Training (Level 3)

### Welcome to Level 3 Personal Training

#### Course details

- NCFE level 3 Diploma in Personal Training
- 6 Units across the year
- 8 Hours contact time + 6 Hours independent study each week
- East Campus

Welcome to Brighton MET! We are delighted that you have been successful and will be joining us in September 2024. This is a great opportunity to develop your academic and professional skills, ready for whatever your next step might be.

This is a fresh start from school, and one that we are thrilled to be working together with you on.

#### What to bring on your first day

A pen/ pencil would be great. Sportswear would be great in case we do a gym induction, but we aren't planning on your first week being too practical focussed as we have lots of admin to do.

This includes getting you set up on the computer network and getting your badge sorted.

Money (Cash or card) to be able to buy lunch from the cafeteria here at the East Campus.

#### Kit list / uniform

There is no uniform, but you may want to buy a MET sports package for your recorded practical assessments and any work experience you conduct.

We will provide kit for any competitive fixtures that you represent the college in.

<https://broadwatersports.co.uk/club-shops/greater-brighton-metropolitan-college/>

If you are wanting to represent the college Football Academy program, then you will need moulded boots. Astroturf trainers are not permitted on the 3G pitch.

#### Summer tasks

Create a simple, healthy snack recipe that supports physical activity. Include a photo of the snack and a list of ingredients with nutritional benefits.

or

Design a mock flyer for your personal training business, highlighting your services and what sets you apart from others.

# STARTING INFORMATION

## Other?

The first week will be a whirlwind, with lots of new students all descending on the campus at the same time.

It will feel very different from school which may be scary to start with, but you will grow to love the more adult way of working.

## Contact details

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