



Module Descriptor

Title	Personal Training		
Session	2024/25	Status	
Code	SPOR08038	SCQF Level	8
Credit Points	20	ECTS (European Credit Transfer Scheme)	10
School	Health and Life Sciences		
Module Co-ordinator	Ashley Warner		

Summary of Module

This module advances the knowledge and practical skills from previous physical activity, health and fitness modules. The module will equip students with the theoretical knowledge and practical skills required to become a Personal Trainer.

The Personal Training module will include topics such as: coaching clients (on a one-to-one and small group basis) towards their health and fitness goals; planning and delivering creative and personalised exercise programmes; and supporting clients with nutrition and lifestyle management.

This module will assist the student in the development of key 'I am UWS Graduate Attributes' to allow those that complete this module to be:

Universal:

- Critical Thinker
- Emotionally Intelligent
- Culturally Aware

Work Ready:

- Knowledgeable
- Effective Communicator
- Influential

Successful:

- Driven
- Resilient
- Transformational

Successful completion (including achieving a pass, which must include passing the practical assessment) of the module SPOR08038 Personal Training, has endorsement by CIMSPA (the Chartered Institute for the Management of Sport and Physical Activity) for the professional standard: Personal Trainer. CIMSPA have career advice and further learning resources available for members. UWS students receive a discounted rate in the student membership category. To use the professional standard in practice, practitioner membership is required.

Module Delivery Method	On-Campus¹ ☐	Hybrid² ☒	Online³ ☐	Work -Based Learning⁴ ☐		
Campuses for Module Delivery	☐ Ayr ☐ Dumfries		☒ Lanarkshire ☐ London ☐ Paisley		☐ Online / Distance Learning ☐ Other (specify)	
Terms for Module Delivery	Term 1	☐	Term 2	☒	Term 3	☐
Long-thin Delivery over more than one Term	Term 1 – Term 2	☐	Term 2 – Term 3	☐	Term 3 – Term 1	☐

Learning Outcomes	
L1	Demonstrate knowledge of anatomy, physiology, kinesiology and nutrition with an application to training.
L2	Discuss how clients with different needs can be supported to achieve their health and fitness goals.
L3	Demonstrate competence of working with one client in a training environment.
L4	
L5	

Employability Skills and Personal Development Planning (PDP) Skills	
SCQF Headings	During completion of this module, there will be an opportunity to achieve core skills in:
Knowledge and Understanding (K and U)	SCQF 8 A knowledge of the scope, defining features and main areas within Personal Training. Being able to highlight the difference between explanations based in evidence and/or research and other forms of explanation, and of the importance of this difference in preparing academic work.
Practice: Applied Knowledge and Understanding	SCQF 8 Applying knowledge and skills in using a range of professional skills, techniques, practices and / or materials associated with physical

¹ Where contact hours are synchronous/ live and take place fully on campus. Campus-based learning is focused on providing an interactive learning experience supported by a range of digitally-enabled asynchronous learning opportunities including learning materials, resources, and opportunities provided via the virtual learning environment. On-campus contact hours will be clearly articulated to students.

² The module includes a combination of synchronous/ live on-campus and online learning events. These will be supported by a range of digitally-enabled asynchronous learning opportunities including learning materials, resources, and opportunities provided via the virtual learning environment. On-campus and online contact hours will be clearly articulated to students.

³ Where all learning is solely delivered by web-based or internet-based technologies and the participants can engage in all learning activities through these means. All required contact hours will be clearly articulated to students.

⁴ Learning activities where the main location for the learning experience is in the workplace. All required contact hours, whether online or on campus, will be clearly articulated to students

	activity, health and fitness, a few of which are advanced and / or complex. Adapting these routine practices within accepted Personal Trainer standards.
Generic Cognitive skills	SCQF 8 Presenting concepts, information and issues that are within the common understandings within Personal Training.
Communication, ICT and Numeracy Skills	SCQF 8 Using a range of standard ICT applications to process and obtain data used within Personal Training.
Autonomy, Accountability and Working with Others	SCQF 8 Exercising autonomy and initiative in some activities at a professional level in practice. Managing, under guidance, ethical and professional issues in accordance with current professional and/or ethical codes or practices.

Prerequisites	Module Code	Module Title
	Other	
Co-requisites	Module Code	Module Title

Learning and Teaching	
In line with current learning and teaching principles, a 20-credit module includes 200 learning hours, normally including a minimum of 36 contact hours and maximum of 48 contact hours.	
Learning Activities During completion of this module, the learning activities undertaken to achieve the module learning outcomes are stated below:	Student Learning Hours (Note: Learning hours include both contact hours and hours spent on other learning activities)
Asynchronous Class Activity	12
Laboratory / Practical Demonstration / Workshop	24
Independent Study	164
Please select	
Please select	
Please select	
TOTAL	200

Indicative Resources

The following materials form essential underpinning for the module content and ultimately for the learning outcomes:

Behnke, R.S. (2012) Kinetic Anatomy. 3rd edn. Champaign, IL: Human Kinetics.

McArdle, W.D., Katch, F.I., and Katch, V.L. (2014) Exercise Physiology: Nutrition, Energy, and Human Performance. 8th edn. Baltimore: Lippincott Williams and Wilkins.

Tortora, G.J. & Derrickson, B.H. (2017) Principles of Anatomy and Physiology. 15th edn. Hoboken, New Jersey: John Wiley & Sons.

(N.B. Although reading lists should include current publications, students are advised (particularly for material marked with an asterisk*) to wait until the start of session for confirmation of the most up-to-date material)

Attendance and Engagement Requirements

In line with the [Student Attendance and Engagement Procedure](#), Students are academically engaged if they are regularly attending and participating in timetabled on-campus and online teaching sessions, asynchronous online learning activities, course-related learning resources, and complete assessments and submit these on time.

For the purposes of this module, academic engagement equates to the following:

In line with the Academic Engagement Procedure, Students are defined as academically engaged if they are regularly engaged with timetabled teaching sessions, course-related learning resources including those in the Library and on the relevant learning platform, and complete assessments and submit these on time. Please refer to the Academic Engagement Procedure at the following link: [Academic engagement procedure](#)

Equality and Diversity

The University's Equality, Diversity and Human Rights Procedure can be accessed at the following link: [UWS Equality, Diversity and Human Rights Code](#).

(N.B. Every effort will be made by the University to accommodate any equality and diversity issues brought to the attention of the School)

Supplemental Information

Divisional Programme Board	Sport Exercise Health
Overall Assessment Results	☐ Pass / Fail ☒ Graded
Module Eligible for Compensation	☐ Yes ☐ No If this module is eligible for compensation, there may be cases where compensation is not permitted due to programme accreditation requirements. Please check the associated programme specification for details.
School Assessment Board	Sport and Exercise L7-11
Moderator	Mia Burleigh
External Examiner	A Tocknell
Accreditation Details	CIMSPA Personal Training accreditation

Module Appears in CPD catalogue	☐ Yes ☐ No
Changes / Version Number	1.03

Assessment (also refer to Assessment Outcomes Grids below)
Assessment 1
The assessments will require students to complete a class test (30%) and a portfolio of practical work (70%). The portfolio will include a practical assessment (30%) and documentation relating to the portfolio (40%). Assessment 1. Class test.
Assessment 2
Portfolio of practical work.
Assessment 3
(N.B. (i) Assessment Outcomes Grids for the module (one for each component) can be found below which clearly demonstrate how the learning outcomes of the module will be assessed. (ii) An indicative schedule listing approximate times within the academic calendar when assessment is likely to feature will be provided within the Student Module Handbook.)

Component 1							
Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
	☒	☐	☐	☐	☐	30	0

Component 2							
Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
	☐	☒	☒	☐	☐	70	

Component 3							
Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
	☐	☐	☐	☐	☐		
Combined total for all components						100%	hours

Change Control

What	When	Who
