Module Descriptor

Title	Personal Training		
Session	2026/27	**Status**	Published
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. From September 2025, UWS students can receive free membership of the student category. To use the professional standard in practice, practitioner membership is required.

Module Delivery Method	On-Campus[1] ☒	Hybrid[2] ☐	Online[3] ☐	Work -Based Learning[4] ☐
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. The teaching and learning approach will utilise face to face delivery. Core theoretical content will be predominantly delivered through a series of lectures. Face to face sessions will also comprise of practical sessions and tutorials. Much of the learning will be achieved through formative practical application and discovery, directed independent study tasks, group work and/or class discussion.	
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)
Lecture / Core Content Delivery	8
Tutorial / Synchronous Support Activity	11.5
Laboratory / Practical Demonstration / Workshop	16.5
Asynchronous Class Activity	6
Independent Study	158
n/a	
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 attending and participating in all timetabled programme activities including on-campus and online teaching sessions, asynchronous online learning activities, placement, work-based elements, course-related learning resources, and complete assessments and submit these on time. **For the purposes of this module, academic engagement equates to the following:** 100% Attendance at all module events and consistent weekly engagement with online materials.

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. In line with current legislation (Equality Act, 2010) and the UWS Equality, Diversity, and Human Rights Code, our modules are accessible and inclusive, with reasonable adjustment for different needs where appropriate. Module materials comply with University guidance on inclusive learning and teaching, and specialist assistive equipment, support provision and adjustment to assessment practice will be made in accordance with UWS policy and regulations. Where modules require practical learning or assessment, alternative formats and/or roles will be provided for students with physical disabilities which impact participation.
(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, Exercise & Health
Moderator	Catarina Ramos
External Examiner	A Tocknell

Accreditation Details	
Module Appears in CPD catalogue	☐ **Yes** ☒ **No**
Changes / Version Number	2

Assessment (also refer to Assessment Outcomes Grids below)
Assessment 1
This assessment will require students to complete a class test (30%).
Assessment 2
Portfolio of practical work. The portfolio will include a practical assessment (30%) and documentation relating to the portfolio (40%).
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**
Class test (written)	☒	☐	☐	☐	☐	30	1

Component 2							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
Portfolio of practical work	☐	☒	☒	☐	☐	70	1.25

Component 3							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
	☐	☐	☐	☐	☐		
Combined total for all components						100%	2.25 hours

Change Control

What	**When**	**Who**
E&D and A&E as per SEH. Assessment names and times added to outcome grid.	17/03/2025	Sarah Darroch

Asychronous online content changed to in person lectures	10/3/2026	Ashley Warner