

Introduction to Personal Training



Adult

Leisure and Professional

This short course offers an engaging overview of personal training fundamentals, perfect for fitness enthusiasts or aspiring trainers.

Participants will learn the basics of exercise science, program design, and client assessment.

The course also explores effective communication and motivational strategies to inspire clients and achieve fitness goals.

Hands-on practical sessions and foundational knowledge prepare you to confidently take the next step in your fitness careers or personal health journeys. No prior experience required—just a passion for fitness and helping others!



Scan the QR Code for full course description, assessment and progression options from this course



ENTRY REQUIREMENTS

Own suitable sports wear.



LOCATION & NEXT START DATE(S)

Cornwall College St Austell - 9 January 2026



LEVEL

No Qualification

DURATION

1.5 hrs a week for 6 weeks

ATTENDANCE

Part-time

FEES

Tuition Fees: £0.00

Fees apply to adults and HE students only. Only the most common fees scenario is shown. Actual fees may vary depending on your personal situation. Please contact us for further information. Courses listed on this website are indicative of the subject, nature and level of study. The College reserves the right to alter specific qualifications titles, awarding bodies and levels of qualification, which can change in year. Any cost may also vary, based on personal funding eligibility. The Cornwall College Group reserves the right to withdraw any course listed at any time.



Find out more and
apply online



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Explore Our Courses & Apprenticeships

Join us for a campus tour, meet our dedicated team, and get all your questions answered. Scan the QR code to register for our next Open Event or Taster Day.



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apply online

