



# YMCA Awards

Level 3 Customised exercise  
programme instruction and  
communication techniques  
2018

# Level 3 Customised exercise programme instruction

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**The principles of best practice for a  
personal trainer**

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## Learning outcomes

By the end of this session you will be able to:

- Describe how to portray a professional image
- Explain how to access accurate information and support when working as a personal trainer
- Describe the codes of practice expected of a Personal Trainer as laid out by regulatory bodies (covered in previous section)
- Identify other professionals with whom a personal trainer may need to share clients' information upon referral
- Explain the importance of continuous professional development

## Professional image

- Positive body language
- Timekeeping
- Attire and personal hygiene
- Effective record keeping
- Attentive and motivational
- Client-centred



