Level 3 Personal Training (Practitioner) course

ASSESSMENT 2

Personal Training (Practitioner) Y-Mark Assessment Workbook  
You will need to complete the online Personal Training (Practitioner) Y-Mark Assessment Workbook, which you can access via your elearning platform login. PLEASE NOTE, once you are ready to complete the Y-Mark workbook, you need to REQUEST access to it by emailing [martin@fit4training.com](mailto:martin@fit4training.com).

This is a combined assessment element, covering more than one unit.

There are six sections to the Assessment Workbook.

Each section of the workbook assesses the knowledge required for each unit identified below.

* Applied anatomy & physiology
* Promoting wellness through client motivation and interaction
* Bespoke exercise programme design
* Customised exercise programme instruction and communication techniques
* Nutrition to support physical activity
* Business acumen for personal trainers

Please use the relevant elearning modules and presentations to revise and prepare to complete this workbook.  
  
All questions must be answered correctly but you get unlimited attempts. This is an open book assessment, but work must be your own, and the questions refer to the content covered on the elearning modules. The questions are auto-marking, so you will receive an instant result upon completion. You will be directed back to any questions answered incorrectly so you can have another go.  
  
This workbook can be completed at any time over the duration of your 12 month course.