



**Level 3 Diploma in Personal Training**  
Tutorial Dates

**2022**

			<b>COURSE 1</b>		
<b>Day</b>	<b>Date</b>	<b>Time</b>	<b>Unit</b>	<b>Where</b>	<b>Tutor</b>
Mon	October 3rd 2022	5.30 - 9.30pm	<b>Unit 1 - Applied Anatomy and Physiology - Day 1</b>	Queens PEC	Ciaran
Mon	October 24th 2022	5.30 - 9.30pm	<b>Unit 1 - Applied Anatomy and Physiology - Day 2</b>	Queens PEC	Ciaran
Wed	October 26th 2022	5.30 - 9.30pm	<b>Unit 1 - Applied Anatomy and Physiology - Day 3</b>	Queens PEC	Ciaran
Fri	October 28th 2022	5.30 - 9.30pm	<b>Unit 6 - Business Acumen for a Successful Personal Training Practice - Day 1</b>	Google Meet Click <a href="#">HERE</a> to Join	Kelly
Wed	November 2nd 2022	5.30-9.30pm	<b>Unit 6 - Business Acumen for a Successful Personal Training Practice - Day 2</b>	Google Meet Click <a href="#">HERE</a> to Join	Kelly
Mon	November 14th 2022	5.30 - 9.30pm	<b>Unit 4 - Customised Exercise Programme Instruction and Communication Techniques - Day 1</b>	Queens PEC	Ciaran
Wed	November 16th 2022	5.30 - 9.30pm	<b>Unit 4 - Customised Exercise Programme Instruction and Communication Techniques - Day 2</b>	Queens PEC	Ciaran

Fri	November 18th 2022	5.30 - 9.30pm	<b>Unit 4 - Customised Exercise Programme Instruction and Communication Techniques - Day 3</b>	Queens PEC	Ciaran
Mon	November 21st 2022	5.30 - 9.30pm	<b>Unit 4 - Customised Exercise Programme Instruction and Communication Techniques - Day 4</b>	Queens PEC	Ciaran
Mon	November 28th 2022	5.30 - 9.30pm	<b>Practical Assessments</b>	Queens PEC	Ciaran
Wed	November 30th 2022	5.30 - 9.30pm	<b>Practical Assessments</b>	Queens PEC	Ciaran

