

Student(s) Interview Record

Training Provider: 21st Century Personal Training School

Names of students interviewed: Jimmie Vikingsson

External Quality Assurer name: Peter Davies

Question	Comment
How were you introduced to the programme?	Through Instagram
When did you begin the programme/ qualification?	January 2026
How effective do you feel the qualification is being delivered to you?	Tough but rreally good with a lot to take in on the first module, then on the 2 nd module more practical and fun
How well did the tutor manage the class time	Really good as I would expect, being a facilities manager
How creative was the tutor in adapting the content of the class?	Difficult to understand as English not my first language. But the pedagogy delivered by the tutors embraced the class in a good way.
Did the tutor create a good working relationship with the class?	Yes. He addressed us by our first names which created a good atmosphere, and he involved all the class.
How helpful do you find the feedback that your tutor gives to you?	The feedback was very helpful, and the tutors were easy to contact for feedback
How well do you know of the methods in which you will be assessed?	I understood what was required to complete the course
When will your assessments take place?	1 st – 30 th June 2026
Was the tutor available outside of class time?	Yes, always
Were there sufficient resources made available to you to support your learning needs?	Yes
Was the syllabus explained to you at the start of the course?	Yes
Who would you contact if you had any concerns or issues regarding your course?	I would contact David and/or Scott
Did you feel that everyone was treated equally during the course?	Yes
Did the course achieve your expectations?	Yes, it was higher than I expected with more content
Did you require any additional support to achieve your qualification?	Not directly
If so, how are your needs catered for?	My wife, Marln, is on the same course and we share our learning and support each other

Would you recommend this course to another person?	Yes
Overall, how would you rate your experience on this course?	10 out of 10
On average, how many hours per week did you spend on self-study for this course	7 hours
Did you contribute constructively during class activities?	Yes
What changes would you recommend improving this course?	No
What did you like best about this course?	The practical and the video studies
What didn't you like about this course?	None
How will this qualification help you in your future goals?	To help me with my Hydrox challenges
Any further, constructive comments	No

Thank you for taking the time to complete this questionnaire
I agree that the answers to these questions may be shared with my tutor/assessor

Students signature(s):

Jimmie Vikingsson

Internal Quality Assurer signature:



Peter Davies

Date: 1st March 2026