



PERSONAL TRAINER

JOB DESCRIPTION

Personal trainers coach people to achieve their health and fitness goals, and they help create fitness programs to suit the individual. Personal trainers may also provide guidance on health, diet, and lifestyle changes. Excellent knowledge of the human body enables trainers to set realistic targets for clients, while motivating them to stay on track so they reach their goals.



SALARY

Fitness instructor ★★★★★

Personal trainer ★★★★★

INDUSTRY PROFILE

Many freelance personal trainer roles available in gyms • Increasing opportunities due to rise in health awareness

AT A GLANCE



YOUR INTERESTS Sports • Human biology and physiology • Food and nutrition • Sports psychology • Teaching • First aid • Business and management



ENTRY QUALIFICATIONS Certification in fitness and personal training or a degree in sports science or a health-related discipline is required.



LIFESTYLE Personal trainers may stick to regular working hours or adjust according to their client's availability. Self-employed trainers usually travel on demand.



LOCATION Trainers work in a gym or similar facility; those self-employed may also work in resorts, country clubs, and other indoor and/or outdoor client sites.



THE REALITIES Competition is fierce. Self-employed trainers often have to work long hours and stay focused, which can be tiring both physically and mentally.

CAREER PATHS

A certification in sports and fitness is necessary to enter this career. You may work at health studios, rec centers, or hospitals, or for sports clubs or other professionals, and with experience, you can choose to provide customized training to individual clients. With business acumen, you can enter the management side of the fitness industry.

TRAINEE You can usually join a gym or fitness center as a trainee, studying on the job for a certificate in fitness.



GRADUATE A bachelor's degree in sports science is not required, but it will give you detailed knowledge of physical science, anatomy, and nutrition that will help your chances of success in this career.



▼ RELATED CAREERS

- ▶ **PHYSICAL THERAPIST** *see pp. 288–289*
- ▶ **COMMUNITY HEALTH ADVISOR** Teaches techniques and behaviors that promote good health to groups and individuals.
- ▶ **NUTRITIONIST** Advises clients on eating habits and prepares diet plans for them to achieve health-related goals. Nutritionists use scientific knowledge and research to help people with matters of nutrition, including improving their health and assisting with any related medical conditions.
- ▶ **TUTOR** Provides assistance in a classroom or any other learning environment to students who require extra help, whether in a particular subject or in multiple subjects.

SKILLS GUIDE



The knowledge to devise unique health programs based on a client's physical ability and needs.



Good leadership skills to motivate clients to make positive lifestyle changes and to maintain them.



Sensitivity toward clients who may suffer from a range of health difficulties.



Good business sense and an ability to market services effectively to make a profit.



A high level of personal fitness in order to demonstrate, guide, and supervise physical activities.



FITNESS INSTRUCTOR Leads classes in activities, such as spinning or Pilates, or provides advice and guidance on individual activities and use of weights and equipment at a gym or fitness center.



SPORTS COACH Teaches individuals and teams of all abilities, from beginners to pros. Coaches require a qualification recognized by the sport's governing body, and many have a background in the sport they want to coach.



PERSONAL TRAINER

As you build your experience and reputation, you may choose to work with clients on the basis of a private arrangement or move into another area of the industry.



LEISURE SERVICE

MANAGER Works to ensure that members of a fitness center or gym receive the best experience there. People in this role manage facilities and staff, with the aim of boosting customer satisfaction levels.



OUTDOOR ACTIVITIES INSTRUCTOR

Teaches and leads groups in outdoor activities such as water sports, skiing, hiking, and rock climbing.