

Personal Training

A personal trainer is a fitness professional who helps their clients to achieve their health and fitness goals.

A Personal Trainer will:



Hold one-on-one or group sessions for their clients



Identify goals and create tailored exercise plans, Monitor progress



Educate and advise clients on health, fitness and nutrition



Help motivate clients to maintain or reach their fitness and health goals

Personality traits:

Personal Training, as a career, would suit those who are keen on Health and Fitness, who would enjoy working with a variety of people. Good people skills are a must, along with an outgoing and friendly personality, as well as a good overview of the human body.

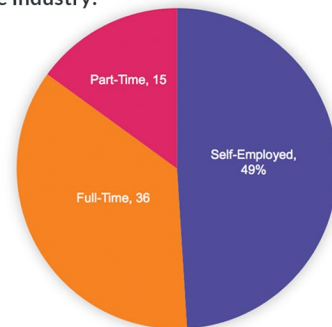
Industry Overview:

Nearly half of all people in this industry are self-employed with the remaining 51% made up of either full-time or part-time employees.

Salaries can be up to £22,000 initially when working in full-time employment. Self-employed personal trainers may charge between £20-£40 an hour. However, dependent on the club and client, high-profile clientele may pay between £50-£100 an hour.

Your hours are largely dependent on your clients and location; weekend work and evenings may be involved.

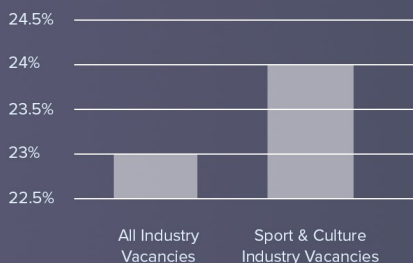
How people are employed in the Sport & Culture Industry:



Skill Shortages in the Sport & Culture Industry:

This bar chart shows the comparison of vacancies due to skills shortages in the Sport & Culture industry with the amount of national vacancies due to a lack of specialist skills. It can be seen that the Sport & Culture industry experience a 24% vacancy shortage overall and that presently having skilled and trained people in this sector could enable those vacancies to be filled.

Percentage Proportion of Vacancies due to Skills Shortages:



Entry Requirements

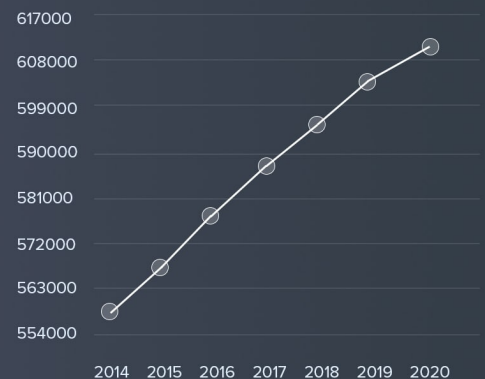
To become a personal trainer you would normally have to hold an industry specific qualification such as:

- Level 2 Certificate in Fitness Instructing- Gym
- Level 2 Diploma in Health, Fitness, and Exercise Instruction
- Level 2 Diploma in Instructing Exercise and Fitness
- Level 3 Diploma in Fitness Instructing and Personal Training
- Level 3 Diploma in Personal Training

Level 3 is the highest level of entry into REPs (Register of Exercise Professionals) or NRPT (National Register of Personal Trainers). In addition to undertake work as a Personal Trainer you must hold public liability insurance and a first aid qualification.

Employment Forecast in the Sport & Culture Industry

This forecast depicts the no. of people employed in the Sport & Culture industry based on statistics from previous years. This sector is showing positive linear growth in the next 5 years.



Further Career Development

In order to keep up to date with industry trends and specifications it is important that you partake in continuing professional development courses (CPDs) -An essential part to retaining REPs status.

In order to expand your skillset there are additional fitness instructor courses and CPDs on offer such as:

- Level 3 Diploma in Exercise Referral
- Level 4 Certificate in Exercise for the Management of Low Back Pain

You may also take additional fitness instructor courses to become qualified to teach classes such as aerobics or Pilates.