



JOB of the Week



Job name: Personal trainer

Job description: Personal trainers work with clients to improve their health and fitness.

Tasks you will undertake in the job: As a Personal trainer, you'll:

- **Day-to-day tasks**
- setting short-term and long-term goals and planning programmes to reach them
- educating, motivating and coaching clients to help them follow their programmes safely and effectively
- giving advice on health, nutrition and lifestyle changes
- helping clients with their workouts
- checking and recording clients' progress, using methods like measuring heart rate and levels of body fat

- **Working environment**
- You could work at a fitness centre or at a client's home, outside or in a gym.
- Your working environment may be outdoors some of the time.



Skills required for this job (core competencies):

Communication	Resilience	Organisation	Teamwork
Problem Solving	Initiative	Creativity	Digital literacy

Sectors in which Personal trainers would normally work:

Some of the environments in which personal trainers will work in include: health and fitness clubs, recreation and leisure centres and gyms, country clubs, yoga and Pilates studios, universities, resorts, the homes of clients, hospitals and in corporate organizations.

<https://nrpt.co.uk/become/introduction/working-conditions-and-hours.htm>

Salary: Personal trainers are typically paid a starting wage of £14 000, this increases with experience, skilled Personal trainers can expect to earn approximately £22 000 p.a.



Working hours: Working hours are usually around 32-34 hours per week. It is likely that you will work during some evenings, weekends and Bank Holidays as clients demand.

Qualifications to become a Personal trainer:

You can get into this job through: a college course; an apprenticeship or applying directly

College. You could take a college course to help you get into this career. Courses include: Level 2 Diploma in Instructing Exercise and Fitness or Level 3 Certificate in Personal Training. Entry requirements - You'll need: 2 or more GCSEs at grades 9 to 3 (A* to D), or equivalent, for a level 2 course OR 4 or 5 GCSEs at grades 9 to 4 (A* to C), or equivalent, for a level 3 course

Apprenticeship. You could do a personal trainer advanced apprenticeship. You can train in a similar role as a physical training instructor in the armed forces (Royal Air Force /)Royal Navy. Entry requirements - You'll usually need: 5 GCSEs at grades 9 to 4 (A* to C), or equivalent, including English and maths, for an advanced apprenticeship

Direct Application. You can apply to become a personal trainer or set up your business, if you've got qualifications and experience as a fitness coach or gym instructor. It's usual to have a certificate in first aid that includes cardio-pulmonary resuscitation (CPR).

Essential skills you need to show: To succeed as a Personal trainer, the following personal skills and attributes would give you an advantage:

- patience and the ability to remain calm in stressful situations
- sensitivity and understanding
- the ability to work well with others and to enjoy working with other people
- the ability to work on your own with excellent customer service skills
- knowledge of teaching and the ability to design courses
- physical fitness and endurance
- to be able to carry out basic tasks on a computer or hand-held device

This job in the future: The workforce is projected to grow by 1.9%, creating 1 200 jobs; in the same period, 58.5% of the workforce is likely to retire, creating 39 000 job opportunities.

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