

CAREER OF THE WEEK: Personal Trainer

What does a personal trainer do?

A personal trainer is a fitness professional who works with individuals on a 1-to-1 basis to help them achieve their health and fitness goals. The specific duties and responsibilities of a personal trainer can vary, but generally, they include:

- Assessing their clients' current fitness levels by completing a fitness assessment with them, then setting achievable goals, and designing a personalised workout plan based around this. These goals could be related to weight loss, muscle gain, improved endurance, or overall well-being.
- Demonstrating exercises and providing instructions on how to perform them correctly, to minimise the risk of injury.
- Educating clients about various aspects of fitness, including the benefits of different exercises, the importance of rest and recovery, and overall lifestyle choices that contribute to a healthy lifestyle.
- Tracking clients' progress over time, adjusting workout plans as needed to ensure continued improvement. This may involve regularly updating goals and modifying workout routines.
- While not all personal trainers are nutritionists, many offer basic nutritional advice to complement their clients' fitness goals. They may provide guidance on healthy eating habits and suggest dietary changes.

Some personal trainers are directly employed by an organisation, for example a gym, leisure centre, spa, hotel, or health charity. Many others work on a freelance or self-employed basis, or through online platforms, giving them more freedom to set their own hours of work.

What can I expect to earn as a personal trainer?

The starting salary for a personal trainer is in the region of £18,000 to £21,000 per year. With experience this can increase to between £28,000 and £30,000 per year. An experienced personal trainer with their own client base could earn over £40,000 per year.

What subjects should I study to become a personal trainer?

Useful subjects include PE/sport, biology, psychology, food preparation and nutrition, mathematics, and English.

How can I start my career as a personal trainer?

To be a personal trainer in the UK you will need certain qualifications, which have been accredited by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). Essential is the Level 2 Gym Instructor qualification, which is the same level as a GCSE, and the Level 3 Personal Trainer qualification, which is the same level as an A Level. If you want to work as a self-employed Personal Trainer, it is essential that you have a first aid qualification. It is also important to ensure that you have the correct personal trainer insurance in case a client injures themselves whilst working with you.

It is possible to do a Personal Trainer Level 3 Advanced Apprenticeship. An apprenticeship is a paid job which offers hands-on work experience alongside off-the-job training. To undertake an advanced apprenticeship, you will usually need a minimum of 5 GCSEs at grades 9 to 4 (A* to C), or equivalent, including English and maths.

To research local education and training opportunities that could lead to a career as a personal trainer, visit our partner website www.logonmoveon.co.uk

Useful websites to find out more about a career as a personal trainer:

CIMSPA Careers Hub <https://careers.cimspa.co.uk/>

National Register of Personal Trainers <https://nrpt.co.uk/become/introduction/index.htm>

National Careers Service <https://nationalcareers.service.gov.uk/job-profiles/personal-trainer>

Prospects <https://www.prospects.ac.uk/job-profiles/personal-trainer>

