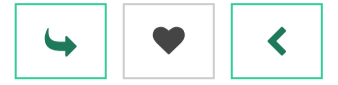
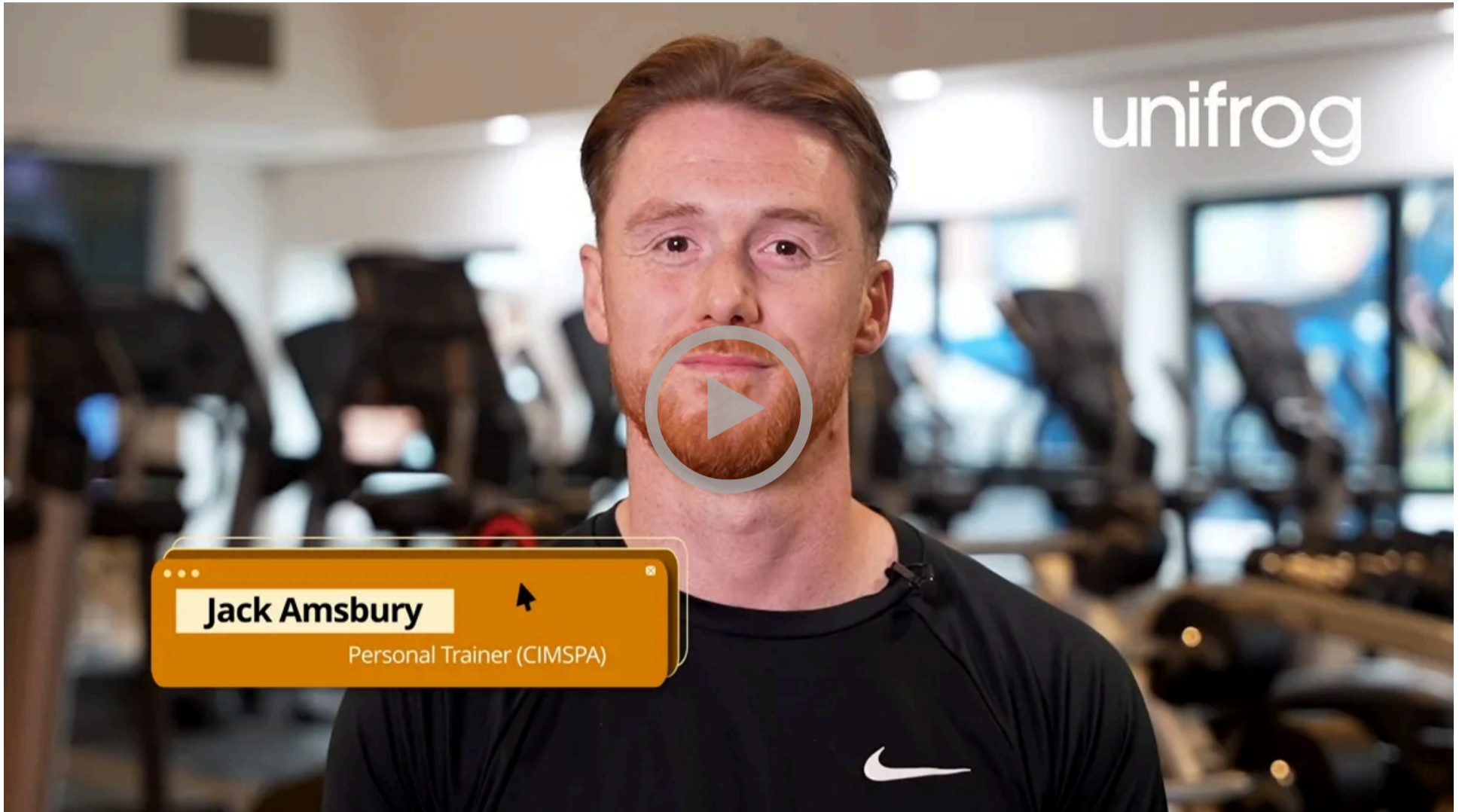




Personal trainer



Personal trainers help their clients reach their personal health and fitness goals.



Jack Amsbury
Personal trainer

[Show transcript](#)

CREATED WITH
[CIMSPA \(Chartered Institute for the Management of Sport and Physical Activity\)](#) >

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What you'll do

You'll talk to clients to find out about their fitness level and health history. You'll then:

- set short- and long-term goals and plan programmes for reaching them
- educate, motivate and coach clients to help them follow their programmes safely and effectively
- give advice on health, nutrition and lifestyle changes
- help clients with their workouts
- check and record clients' progress, using methods like measuring heart rate and levels of body fat

You might work full time as a gym instructor and do personal training outside your normal hours.

Record relevant activities you've already done on the [Activities tool](#) >

Working hours and environment

You'll often work evenings and weekends to suit the needs of your clients.

If you're self-employed you may rent space in a gym, set up your own facilities, or visit clients in their homes.

Career path and progression

You could take further instructor courses to learn new skills to offer clients, like yoga, pilates, nutrition or aerobics.

With further training you could also work with people recovering from illness or who have medical conditions.

Skills required

You'll need:

- the ability to inspire people
- people skills to enable you to identify clients' individual motivations

Got evidence of these skills? Record your examples on the [Skills tool](#) >

Entry requirements

You'll need:

- to have knowledge of anatomy, physiology and nutrition
- public liability insurance
- a first aid award, which must include a cardio-pulmonary resuscitation (CPR) certificate

You'll also need a recognised qualification in fitness and exercise instruction.

You could get into this job through an [apprenticeship](#).

The [National Register of Personal Trainers](#) has more information on becoming a personal trainer.

Related know-how guides

Explore know-how guides related to this career:

- [Working in sport: an insider's perspective](#) >
- [Get on the ladder: sport and fitness](#) >

Related courses

Explore courses related to this career:

- [Careers in sports and fitness \(modern work experience\)](#) >

Related university subjects

These university subjects are related to this career; check out their profiles on the [Subjects library](#):

- [Dance](#) >
- [Sport science](#) >

Related careers

You may also be interested in:

- [Physiotherapist](#) >
- [Sports referee](#) >
- [Group exercise instructor](#) >
- [PE teacher](#) >

Explore

Want to see what relevant education and training opportunities are available right now? Search here:

Dance at uni:

USA >

UK >

Canada >

Europe >

Asia >

Australasia >

Middle East and Africa >

Ireland >

Sport science at uni:

USA >

UK >

Canada >

Europe >

Asia >

Australasia >

Middle East and Africa >

Ireland >

Apprenticeships:

UK >

College / Sixth Form:

UK >

Labour Market Information (LMI)

Median averages relating to the Personal trainer profession.

 UK
 USA

Jobs

Sports and fitness professionals

140,003 **911** in your local area of Liverpool**Top 5 local areas**

1	Surrey	4,765
2	Hampshire	4,169
3	Essex	4,080
4	Hertfordshire	4,061
5	Kent	3,711

Salaries

Fitness and wellbeing instructors

£27,273 **(Not enough data for this region)** in your region of North West**Top 5 regions**

1	South East	£26,970
2	Scotland	£23,760
3	Wales	£20,621

🕒 Hours/week

Fitness and wellbeing instructors

35.5

📍 34.1 in your region of North West

📈 Growth

2020-2035

Culture, media and sports professionals

+0.2%

 ↑ 1,593 jobs

📍 -4.8% in your region of North West, an decrease of 2,325 jobs

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PE teacher

Physical education (PE) teachers w schools and colleges, teaching spo people.

[Read the profile >](#)