



South Lincolnshire

Academies Trust

Careers Education

JOB
OF THE WEEK

Aspire | Challenge | Achieve

JOB

OF THE WEEK

Our Job of the week this week is
Personal Trainer



Job of the Week – Personal Trainer

WHAT YOU DO

Every day will be different, but you could:

- 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 a 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



WHAT YOU WEAR

Causal gym wear, suitable for the weather and activity



WORKING CONDITIONS

You could work at a fitness centre or at a client's home. This could be in or outdoor



WORKING HOURS

32-34

Various hours including weekends and evenings. Hours may be higher if self-employed

ANNUAL LEAVE

This will depend if you are employed or self-employed



ANNUAL INCOME

Starter £14,000

Experienced £22,000



SKILLS REQUIRED

You will need:

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

EDUCATION & EXPERIENCE

You can get into this job through:

College

Courses include: Level 2 Diploma in Instructing Exercise and Fitness or Level 3 Certificate in Personal Training
You'll need 2 or more GCSEs at grades 9 to 3 (A* to D), or equivalent, for a level 2 course and 4 or 5 GCSEs at grades 9 to 4 (A* to C), or equivalent, for a level 3 course

Apprenticeship

You can train in a similar role as a physical training instructor in the armed forces. For both the Royal Air Force and Royal Navy 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

Further information

It's usual to have a certificate in first aid that includes cardio-pulmonary resuscitation (CPR)



Labour Market Information

In the Careers section of the school website you can find the useful comparison tool the 'Labour Market Information widget'

Use the widget to compare different job roles in any employment sector or relating specifically to the 'Job of the Week'.

Fitness instructors		Sports and leisure assistants		Sports coaches, instructors and officials	
Weekly Pay £350	Annual Pay £18,200	Weekly Pay £390	Annual Pay £20,280	Weekly Pay £540	Annual Pay £28,080
Hours/Week 26h	Hourly Pay £13	Hours/Week 38h	Hourly Pay £10	Hours/Week 36h	Hourly Pay £15
Workforce Change (projected)		Workforce Change (projected)		Workforce Change (projected)	
Growth 1.9%	Replacement 58.5%	Contraction -1.3%	Replacement 68.7%	Growth 1.9%	Replacement 58.5%
The workforce is projected to grow by 1.9% over the period to 2027, creating 1,200 jobs. In the same period, 58.5% of the workforce is projected to retire, creating 39,000 job openings.		The workforce is projected to contract by -1.3% over the period to 2027, losing 900 jobs. In the same period, 68.7% of the workforce is projected to retire, creating 50,500 job openings.		The workforce is projected to grow by 1.9% over the period to 2027, creating 2,100 jobs. In the same period, 58.5% of the workforce is projected to retire, creating 66,900 job openings.	
You might find this job in Sport & recreation Other personal service Education Legal & accounting Health		You might find this job in Sport & recreation Gambling Education Libraries, etc Membership organisations		You might find this job in Sport & recreation Education Gambling Employment activities Other personal service	
More info	Clear card	More info	Clear card	More info	Clear card

Fitness instructors

Fitness instructors deliver training in a range of fitness activities, including weight training, yoga, pilates, personal training and other forms of exercise at private health and fitness centres, local authority run sports and leisure centres, other public and community establishments, and in private homes.

Common tasks in this job:

- assesses the fitness levels of clients;
- devises programmes of training appropriate to the needs of clients with varying levels of strength, fitness and ability;
- demonstrates and leads fitness activities and supervises exercise classes;
- ensures that clients do not injure themselves through over exertion or using incorrect training techniques;

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Sports and leisure assistants

Sports and leisure assistants, provide and maintain facilities for sporting and recreational activities and supervise their use, maintain the continuity of entertainment and social events, offer odds and accept bets on the result of sporting and other events and control gambling activities.

Common tasks in this job:

- maintains sports and leisure equipment and prepares equipment for use;
- supervises the use of swimming pools, gymnasium apparatus, fitness machines and other recreational equipment;
- maintains hygienic operation of swimming pools and associated facilities such as jacuzzis, showers and changing areas;
- carries clubs for golfers, advises on the layout and distance of golf courses and appropriate choice of golf club;

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Sports coaches, instructors and officials

Sports coaches, instructors and officials work with amateur and professional sportsmen and women to enhance performance, encourage greater participation in sport, supervise recreational activities such as canoeing and mountaineering, and organise and officiate at sporting events according to established rules.

Common tasks in this job:

- coaches teams or individuals by demonstrating techniques and directing training and exercise sessions;
- controls team selection and discipline and recruits ancillary staff such as coaches or physiotherapists;
- monitors and analyses technique and performance, and determines how future improvements can be made;
- deals with administrative aspects such as arranging matches, contests or appearances for athletes or team, and organising required transport and accommodation;

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Powered by LMI For All.

To compare the Labour Market Information of different job roles that you might be interested in please visit the Careers section on the school website.

JOB OF THE WEEK

Find out more about Personal Trainers with these videos:



5 tips for starting out as a Personal Trainer

43 views • 1 month ago

 Premier Global NASM

In this feature, Charlotte Tooth shares her top 5 tips for starting out as a Personal Trainer. Ready to transform your career as a PT?

<https://www.youtube.com/watch?v=5pyah8X4JM>



Level 3 Diploma in Personal Training for Optimum Performance | Premier Global NASM

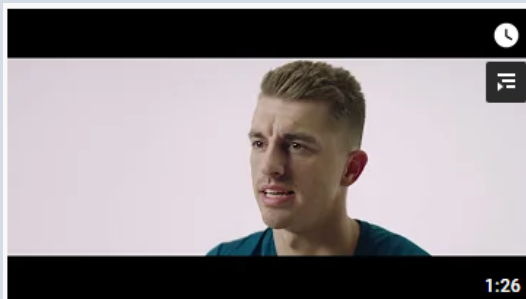
11K views • 2 years ago

 Premier Global NASM

If you are looking to start a career in personal training then the Level 3 Diploma in Personal Training for Optimum Performance...


0:43 ... have as a new personal trainer throughout your course you'll have access to our e-learning platform the e-learning plat...

<https://www.youtube.com/watch?v=S4wBRULV8w>



BTEC Sport Careers: Personal Trainer

1.2K views • 1 year ago

 Pearson UK Educators

Max Whitlock, Olympic gold medallist and former BTEC student, explains the skills you need to become a personal trainer – skills ...

 CC

<https://youtu.be/hh6BMRVHCZE>

JOB

OF THE WEEK

Click on the website links to research the job role further:

[Personal trainer | Explore careers | National Careers Service](#)

[How To Become A Personal trainer | Explore Jobs | UCAS](#)

[How to become a Personal Trainer | reed.co.uk](#)

[Sport, Fitness and Personal Training Diploma Level 3 | Stamford College](#)