

## Fitness Instructor

Fitness instructors organise exercise programmes and lead groups in activities including aerobics, weight training, movement and dance, spin, aqua aerobics and circuit training. They may specialise in one area of work.

### The Work

You could be:

- assessing the fitness of an individual or group of participants, and planning exercise programmes to suit them
- making up exercise routines to music
- demonstrating exercises and doing them with your class
- checking the safety of equipment
- maintaining equipment, making sure they work properly
- giving individuals advice on healthy eating and nutrition
- making sure individuals are not injured through incorrect or excessive exercise
- going along to workshops with other instructors
- learning new routines set by fitness companies.

### Pay

The figures below are only a guide. Actual salaries may vary, depending on:

- where you work
- the size of the company or organisation you work for
- the demand for the job.

Fitness instructors in Scotland usually earn around £20.00 an hour. Some instructors can earn up to around £35 an hour.

### Conditions

- You could work in local authority sports centres, private gyms and health clubs, community centres and hotels.
- You will be active most of the time.
- Hours will be flexible including evenings and weekends – you might have to work shifts.
- Part time work is common.
- You will wear suitable sportswear, which you will usually provide yourself.
- You might use a microphone when instructing a large class.
- You might have to travel to different locations to teach different classes.

### Getting In

- You do not always need formal qualifications from school, but you must normally take a suitable course

before you start work. There are a range of courses at different levels.

- You must hold a Level 2 qualification, such as a Level 2 Certificate in Group Training, accredited by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) (see under Contacts section).
- NQs, NCs (SCQF Levels 4-6) or SVQs (SCQF Levels 4-11) in health and fitness, sport and recreation, sports activity leadership or similar subjects are available. Some courses do not require formal entry qualifications; others ask for some subjects at National 4 or 5.
- HNC, HND (SCQF Levels 7 and 8) and degree courses (SCQF Level 9) are available in sports subjects. For entry you usually need 1-2 Highers for HNC or HND courses, 3-5 Highers for a degree.
- You could do a part time course through YMCA Awards run by an approved training provider.
- There are short courses with organisations such as YMCAfit where you can study to teach a subject such as aerobics or exercise to music.
- It is useful to have a qualification in first aid and also swimming and lifesaving.
- You should be fit as you will be active all the time you are at work.
- You will require a satisfactory criminal record check from Disclosure Scotland to show that you are suitable for this type of work. Contact [Disclosure Scotland](#) for details on the type you would need.

## What Does It Take

You need to be:

- energetic and enthusiastic
- friendly and outgoing
- able to explain exercises clearly to people from all backgrounds
- able to motivate clients and encourage them to persevere
- very fit as you may teach several classes a day
- tactful, patient and sympathetic.

You should have:

- a responsible attitude to health and safety
- a working knowledge of first aid
- a good awareness of healthy eating and nutrition
- a smart appearance.

## Training

- You could take SVQs in sports subjects, including the SVQ in Instructing Exercise and Fitness at SCQF Level 5, while you are working.
- You could also take the ITC Certificate in First Aid for Sport, Exercise and Fitness at SCQF Level 6.
- You could take further short courses to increase the range of classes you could teach.

## Getting On

- As a qualified fitness instructor, you can join CIMSPA. Members must complete Continuous Professional Development (CPD), and make sure your qualifications are kept up to date. See their website for more

details.

- You could do further qualifications to train as a personal trainer. See the [Personal Trainer](#) job profile.
- After gaining experience you can move on, perhaps to become manager of a fitness centre. See the job profile for [Sports or Leisure Centre Manager](#).
- You could become self-employed, running your own centre or working freelance in several different centres in a variety of locations.

## More Information

For more information please see organisations listed below:

- [Fitness Training Scotland](#)
- [Skills Active](#)
- [YMCA Awards](#)
- [YMCAfit](#)

## Contacts

### Chartered Institute for the Management of Sport and Physical Activity (CIMSPA)

Tel: 03438 360200

Email: [info@cimspa.co.uk](mailto:info@cimspa.co.uk)

Website: [www.cimspa.co.uk](http://www.cimspa.co.uk)

Website (2): [careers.cimspa.co.uk](http://careers.cimspa.co.uk)

X: [@cimspa](#)

Facebook: [www.facebook.com/CIMSPA](http://www.facebook.com/CIMSPA)

## Statistics

Employment Status : Not available this career.

### Past Unemployment - Scotland

No Claimant statistics available for Scotland.

Predicted Employment Statistics : Not available this career.