

## Personal Trainer

A personal trainer is a fitness professional who motivates individuals to improve their physical fitness through exercise. They also give advice on general health and nutrition. Sessions are generally on a one to one basis, but can be in a group such as a bootcamp.

### The Work

You could be:

- carrying out fitness assessments to establish clients fitness levels
- agreeing short or long terms goals for your client and reviewing on a weekly or monthly basis
- writing up an exercise programme for each individual client and making sure they follow it
- giving nutrition and diet advice as well as suggesting lifestyle changes
- motivating and encouraging clients to succeed in achieving their personal goals
- weighing and measuring clients on a weekly basis
- demonstrating exercises for the client to follow.

### Pay

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

- where you work
- the size of company you work for
- your experience.

Self-employed personal trainers are paid between £25.00 and £45.00 an hour. Personal trainers working in a gym may earn over £30,000 a year.

### Conditions

- You may be based in one gym or travel around several different gyms.
- You would arrange to meet clients at a time and location suitable for them.
- You may work outdoors, in all weather and conditions.
- Hours would vary to meet the needs of the client, which is likely to mean working early mornings, evenings and weekends.

### Getting In

- The first step towards becoming a personal trainer is you must complete a Level 2 gym instructor course such as the Active IQ Level 2 Certificate in Fitness Instructing (Gym), YMCA Awards Level 2 Certificate in Fitness Instructing (Gym Based Exercise) or Gym Instructing; or SVQ Instructing Exercise and Fitness at SCQF Level 5.
- You would usually spend time working in a gym as a gym instructor to gain experience.
- To qualify as a personal trainer, you must complete a Level 3 qualification in personal training endorsed by

the [Register of Exercise Professionals](#) (REPs) or [CIMSPA](#).

- Active IQ offer a Level 3 Certificate in Personal Training, which can be studied part time. See the [Active IQ](#) website for a list of approved centres.
- Alternatively, YMCA Awards offers a Level 3 Certificate in Personal Training. Check the [YMCA Awards](#) website for your nearest centre.
- Some personal trainers do a degree (SCQF Levels 9-10) first in sports science, sports therapy or other relevant subject. Others come from the Army or other relevant background.
- For entry to these degrees you would require 4-5 Highers including science subjects.
- You must have public liability insurance if you are self-employed.
- You would also require a first aid certificate including a cardio-pulmonary resuscitation certificate (CPR).
- A driving licence would be useful if you need to travel to clients.
- If you are self-employed you may need to invest in your own equipment, such as weights and resistance bands.

## What Does It Take

You need to be:

- enthusiastic about sport and exercise
- able to communicate with people from all ages and backgrounds
- a good listener
- assertive
- able to motivate people
- confident and outgoing
- patient.

You need to have:

- a high level of fitness
- good organisation skills to manage your diary
- good business and sales skills if self-employed
- a good personality
- knowledge of nutrition and a healthy diet.

## Training

- As a REPs member, you will be required to complete continuous professional development (CPD). You must achieve 12 CPD points every year.
- You would go on courses to learn different skills such as kettlebells, sports conditioning, outdoor fitness, circuit training, GP referral, fitness testing.

## Getting On

- You could go on to do extra qualifications with YMCA Awards, for example the Level 3 Awards in Instructing Boot Camp Fitness and Business Skills for the Fitness Professional.
- Active IQ offer Level 4 courses.

- You may go self-employed and build up your own client base.

## More Information

For more information please see organisations listed below:

- [Fitness Scotland](#)
- [YMCAfit](#)

## Contacts

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

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

X: [@cimspa](#)

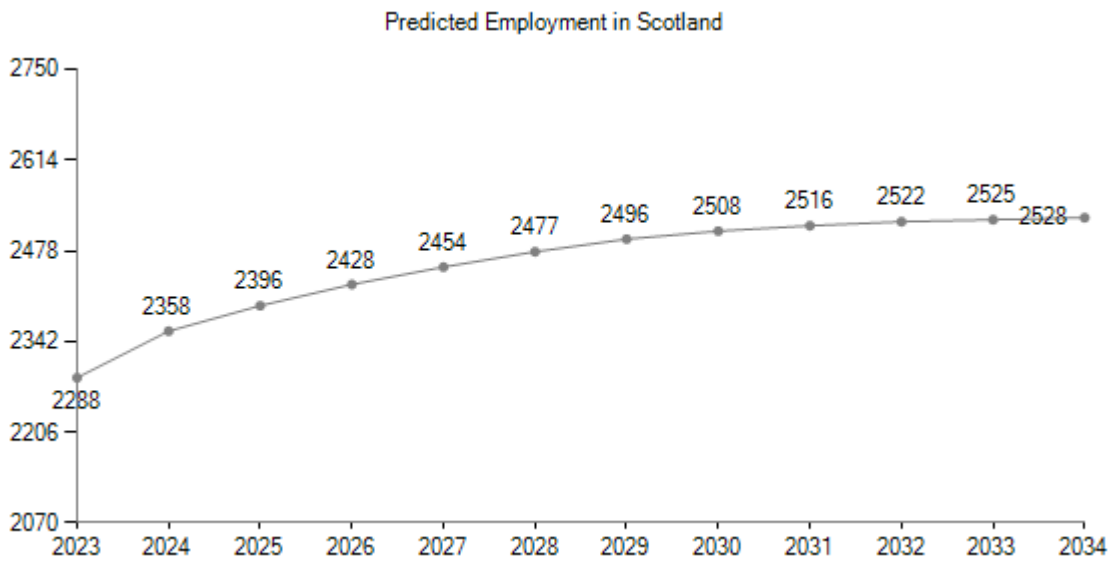
Facebook: [www.facebook.com/CIMSPA](http://www.facebook.com/CIMSPA)

**Statistics**

Employment Status : Not available this career.

**Past Unemployment - Scotland**

No Claimant statistics available for Scotland.



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