

Gym Instructor

A gym instructor works with individuals in a gym, designing a fitness programme for them, and ensuring that they work out effectively and safely.

The Work

You could be:

- supervising gym users to ensure they are using equipment correctly
- carrying out gym inductions for new members
- completing fitness assessments for clients
- making up an exercise programme to suit an individual's needs
- delivering gym based classes to a group of clients
- maintaining and cleaning gym equipment
- using a computerised membership and bookings database
- dealing with telephone and reception enquiries
- carrying out basic first aid.

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.

Gym instructors in Scotland usually earn between £9.50 and £13.00 an hour.

Conditions

- You would be based in a gym, health club or leisure centre.
- You will work shifts including early mornings, evenings, weekends and public holidays.
- Part time work is common.

Getting In

- You do not need formal qualifications from school.
- You will require 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 could do an HNC or HND in fitness, health and exercise. 1-2 Highers are needed for entry to an HNC or HND.
- A first aid qualification may be required.
- 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 have:

- excellent communication skills
- good customer care skills
- a friendly and outgoing personality
- the ability to motivate and encourage
- a high level of fitness
- knowledge of nutrition and a healthy diet.

Training

- You would train on the job alongside an experienced instructor.
- 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 CPD modules in areas such as Strength and Conditioning, Kettlebells and Core Stability, allowing you to teach gym based classes.

Getting On

- You could work your way up to gym supervisor or manager.
- As a qualified gym instructor, you can join the Register of Exercise Professionals (REPs). Members must complete Continuous Professional Development (CPD), and make sure your qualifications are kept up to date.
- Many gym instructors go on to train as personal trainers by completing the YMCA Awards Level 3 Certificate in Personal Training. See the [Personal Trainer](#) job profile.

Contacts

Disclosure Scotland

Tel: 03000 2000 40

Email: info@disclosurescotland.gov.scot

Website: www.mygov.scot/organisations/disclosure-scotland

Twitter: @DisclosureScot

Register of Exercise Professionals (REPs)

Tel: 0330 004 0004

Website: www.exerciseregister.org

Twitter: @REPsUK

Facebook: www.facebook.com/REPsUK

SkillsActive

Tel: 0330 004 0005

Website: www.skillsactive.com

Twitter: @SkillsActive

Facebook: www.facebook.com/SkillsActive

YMCA Awards

Tel: 020 3994 9500

Email: awards.support@ymca.co.uk

Website: www.ymcaawards.co.uk

Twitter: @YMCAawards

Facebook: www.facebook.com/ymcaawards

YMCAfit

Tel: 0370 218 8923

Email: ymcafit.bookings@ymca.co.uk

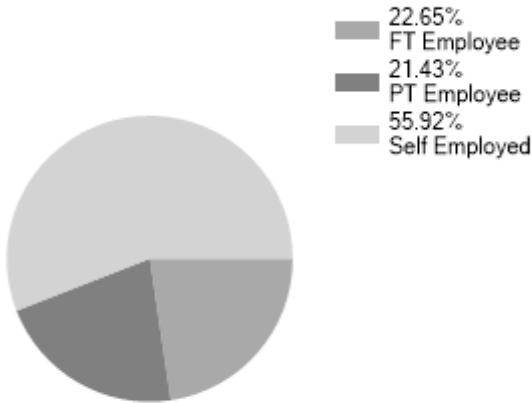
Website: www.ymcafit.org.uk

Twitter: @ymcafit

Facebook: www.facebook.com/ymcafit

Statistics

Employment Status UK %

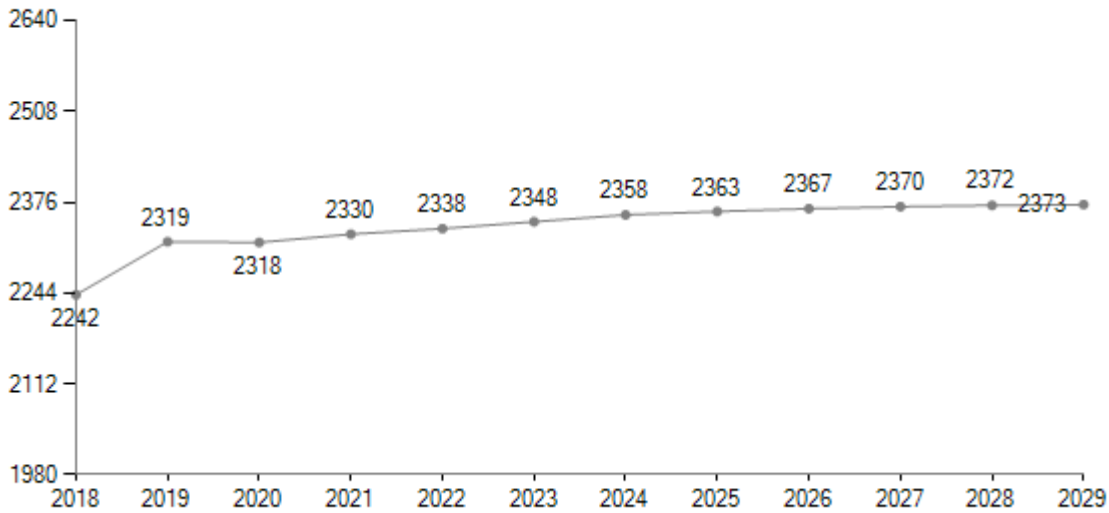


Past Unemployment - Scotland

No statistics available for Scotland.

LMI data powered by [LMI for All](#)

Predicted Employment in Scotland



LMI data powered by [EMSI UK](#)