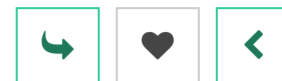


1 2 3

Personal trainer



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



[Read Jack Amsbury's story](#) 🔍

This video is sponsored by CIMSPA (Chartered Institute for the Management of Sport and Physical Activity). [Connect](#) ➤

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 university subject profiles

These university subjects are related to this career; check out their profiles on the Subjects library:

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

Related career profiles

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)

Current and predicted figures relating to the Personal trainer profession. Median averages are shown, each with the specific career, or group of careers, that they apply to.

● UK USA

Jobs

Sports and fitness occupations

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

£20,724

Sports and fitness occupations

£23,863

 (Not enough data for this region) in your region of North West

Top 3 regions

Growth

2020-2035

Culture, media and sports occupations

+.2%

↑ 1,593 jobs

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

Save to Favourites? 

You haven't favourited any Careers library profiles yet

People also liked...

Those that liked this career profile also liked the following



Group exercise instructor

Group exercise instructors help people to improve their fitness by organising training programmes and leading classes.

[Read the profile >](#)



Sports professional

Sports professionals are paid to train and compete in their chosen sport.

[Read the profile >](#)



Sports coach

Sports coaches teach sports and help their full potential.

[Read the profile >](#)

