

SPORT, ACTIVE HEALTH & FITNESS:

Personal Trainer

WHERE TO STUDY?

You can study with a private training provider or at a college of further education. Colleges often have a September start date while private training providers will have year-round start times.



Colleges start advertising and enrolling early, so we'd encourage you to speak with someone at the college to get all your questions answered. You can often find your answers by visiting their website for more details. Not sure what colleges in your area have the courses you want to study? You can find colleges that offer iTEC and VTCT qualifications through our websites or this link: www.vtct.org.uk/find-a-centre or www.itecworld.co.uk/find-a-centre

STUDY FULL-TIME OR PART-TIME?



If you choose to study **full-time**, you can complete the courses as early as 7 weeks. This will be an intense program and will need to be your top priority leaving little room for part-time work.

If you choose to study **part-time**, you could complete your training in 6 months. It is important to look into the training providers in your area to see what will be the best fit for your schedule, and your life.

WHERE CAN I WORK?

You can find work as a Personal Trainer in many different locations as our iTEC and VTCT qualifications offer international mobility. You could work in any of the following areas:

- Private or Public health & fitness clubs
- Leisure centres
- Health Spas
- Cruise ships
- Self employed



WHAT KIND OF COURSES SHOULD YOU TAKE?

To work as a Personal Trainer, you will need a Level 3 Personal Training qualification, ideally one accredited by a professional body such as the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) or the Register of Exercise Professionals (REPS). This could be achieved in one of two ways:



- Level 2 Certificate in Instructing Gym based Exercise followed by the Level 3 Certificate in Personal Training
- Level 3 Diploma in Personal Training

These qualifications are aligned to the new CIMSPA standards and will allow learners to access CIMSPA membership, which offers recognition and employability.

Your first courses will consist of topics like a gym induction, circuit training or a personal training session. You could be completing as many as 4 sessions per day as you go through your program. And, you will likely be taking courses with a group of anywhere from 8 - 20 individuals depending on the training provider you choose.



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WHAT WILL YOUR WORK SCHEDULE LOOK LIKE?

A **freelance personal trainer** can work their own schedule allowing flexibility and convenience. You can create the hours that best suit you and your client base. It is not unusual to work from 4pm to 8pm on one day and then 6am to 2pm on another. An average work week would be between 40-45 hours for a freelance personal trainer, but you could choose to do less if you wanted.



Personal trainers that work in a gym will usually work to a shift pattern determined by the organisation. This would be 30-40 hours per week. Gyms would typically open from 7am to 10pm but this can vary.

CAN I WORK WHILST I STUDY?

If you do plan to work alongside your studies, it would be best to look for industry related part-time work. You will be able to add it to your C.V. as well as it being an opportunity to learn even more about the industry you want to enter.

As long as you have a **Level 2 gym or group exercise qualification** you can work as:

- A gym instructor
- A group exercise instructor e.g. exercise to music, circuit training, water-based exercise classes, studio spin cycling classes.

Working in a gym environment will help you develop those key skills and relationships while training to be a Personal Trainer. This will also help to build your Personal Training client base.



WHAT EQUIPMENT WILL I NEED?

If you work within a private or public health and fitness facility you will not need any specific equipment as this will be provided for you.

As a freelance personal trainer the equipment you buy will depend on the nature of your work and the clients you train. For example some personal trainers will work with bodyweight exercises and minimal equipment.

Your start-up costs will typically be between £100-£200.

The most common tools used are:

- Stability ball
- Fitness cord/resistance bands
- Exercise mats
- Speed ropes
- Stop watch
- Skipping ropes
- Medicine balls
- Dumbbells
- Health assessment equipment e.g. callipers/ blood pressure monitor

