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FUTURES**



Fitness Instructor

More information can be found at

[Fitness Instructor \(gov.wales\)](https://gov.wales/fitness-instructor)



Gyrfa Cymru
Careers Wales



Qualifications Required

Most Fitness Instructors have a relevant qualification.

There are a few ways you can qualify for this role.

One option is to study a full-time Fitness Instruction course at a college.

Another option is to apply for a trainee Fitness Instructor job.

You could study part time for a qualification while you work.

Another option still is to take an apprenticeship.

You can train as a Fitness Instructor on the job.

You can also earn a certificate in fitness or gym instruction.



Skills and Qualities

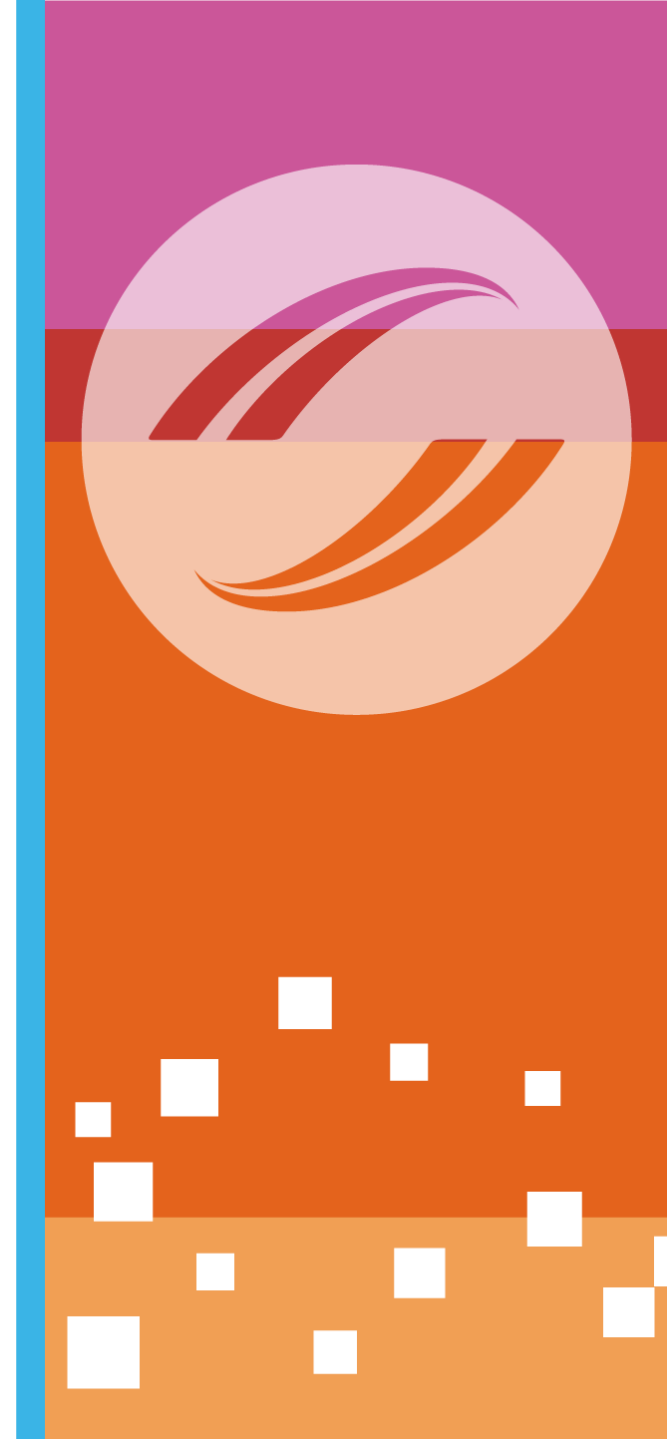
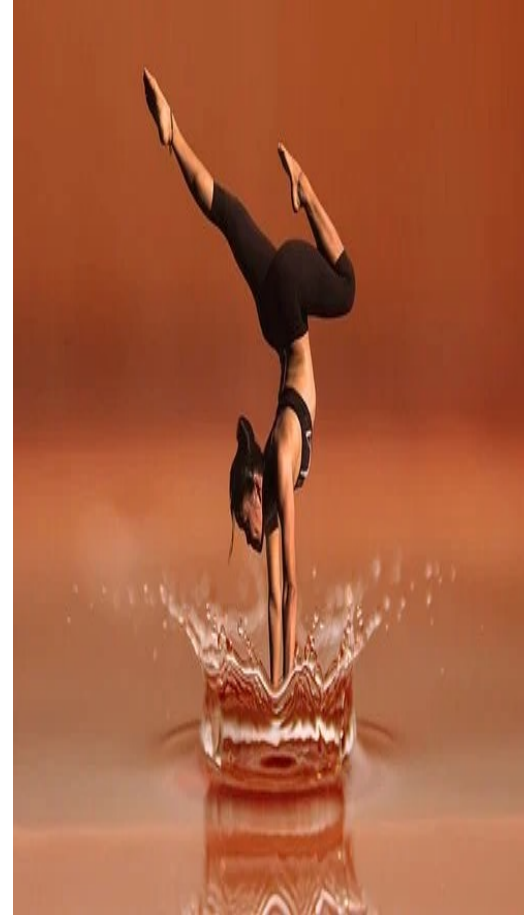
To become a Fitness Instructor, you will need:

- a positive attitude and an approachable personality
- the ability to teach and motivate people of all ages and backgrounds
- good communication skills for explaining techniques and movements clearly
- a good level of physical fitness
- a responsible attitude to health and safety
- a flexible attitude to work

Self-employed Fitness Instructors need business management skills.

Do I need Welsh Language skills?

Welsh Language skills are often asked for. Being able to read, write and speak Welsh may be an advantage when you're looking for work in Wales.



Entry Routes

Most employers will ask for a relevant level-2 or level-3 qualification. You can either study for this at college full time, or take up a post as a trainee fitness instructor, and study part time.

Subjects which are accepted by employers include:

- fitness instructing
- personal training
- gym instructor

Employers look for people who have experience in exercise or dance. It's helpful if you have attended fitness classes in the past.

Many employers will also expect you to hold a first aid certificate. This might be an emergency first aid at work course. This course normally takes three days to complete.

Training

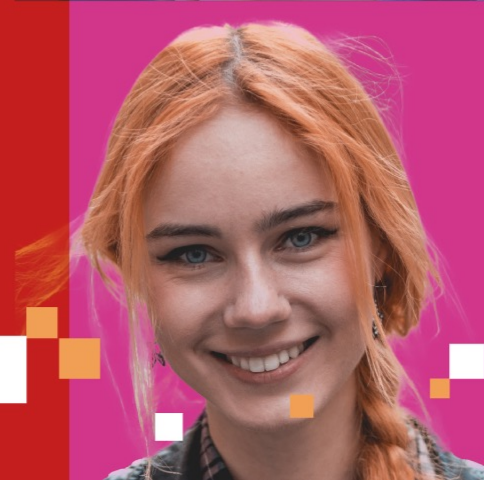
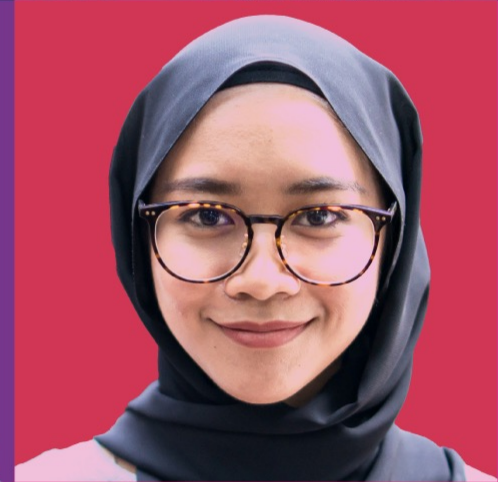
Relevant work-based qualifications are available. Some types of fitness programmes, such as Zumba and BodyCombat are licensed. This means you have to be trained by the company that created them in order to lead fitness sessions based on their techniques.



Salary

The pay rates given below are approximate.

- Starting:
£17,500
- With experience:
£19,000 -
£21,500
- Senior roles can
earn more than
£30,000 a year



**For more information please use the
QR code**



**For entry to the Sixth Form, some schools
require that students need 5 A*-C at GCSE such
as:**

- PE
 - C in PE
- BTEC Sports Diploma

BTEC Level 2 Pass or C in PE GCSE



For more information or help with your career planning

Please Contact your school-based careers adviser

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