

Just the Job Information Sheet

Job title: Personal Trainer

Job description: Personal Trainers generally deliver 1 on 1 exercise programmes aimed at meeting their clients health and fitness goals. Based on an initial screening of their client, PTs are able to develop and deliver personalised exercise programmes. They are also likely to advise their clients over a wide range of other exercise modalities completed without the PTs direct instruction, e.g. Group Exercise classes, Swimming, Jogging etc. to reach the clients overall health & fitness outcomes. Self-employed PTs will also need to dedicate time to marketing, and general business support and development.

Qualifications required:

It is an industry expectation that individuals are registered with the NZ Register of Exercise Professionals (REPs).

Registration requires holding a suitable qualification such as, the National Certificate in Fitness, PT Business Skills.

General requirements

Passion for helping and motivating people to obtain their health and fitness goals, or to maintain a long term healthy lifestyle.

Personal Trainers can either be employed or Self-employed/Contractors.

Generally they will embody health and fitness in their own appearance and lifestyle.

PTs must not only have strong and wide knowledge of the technical side of exercise, but also be able to build rapport with clients and potential clients.

Training costs: Ranges from \$143 On-Job training, to \$3,000+

Courses must contain a strong practical element, as well as covering a wide range of theoretical technical knowledge which should also link to common medical/ lifestyle conditions, such as Obesity, Older Adults etc. Courses vary in length and can cover simply the basics of being a PT through to a high degree of specific knowledge generally aimed at people wishing to pursue a long term career within the sector.

Career path: Typically – Gym Management, Personal Training (as a standalone career), PT Management, Facility Management, Sport related in specific areas, such as Strength and Conditioning.

Remuneration range: Employed \$35/ hr to Self-employed \$50/ hr plus. PTs generally work a range of hours to suit their clients' availability, which often means being busy before 8am and after 5pm. Although the hourly rate when working is relatively high the overall salary of a self-employed PT is highly dependent on the number of clients seen per week.

How to increase the chances of successfully entering this industry

Industry experience typically as a Gym Instructor or similar. Good qualifications, and a passion for helping people through exercise. Undergoing a training course which is recognised by NZ REPs is the expected norm for many employers. Enthusiasm and good interpersonal skills are highly regarded, plus if self-employed, good business acumen is essential.

Other places to source information about this job

<http://www.reps.org.nz/>

Especially the REPs NZ "Starting out Guide" -

http://issuu.com/fitnessnz/docs/2012_your_guide_to_starting_out_as_a_n_exercise_pro

<http://exercisenz.org.nz/>

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Job title: Gym Instructor (also known as Fitness Instructor or Exercise Consultant)

Job description

The range of Gym Instructing roles varies between very basic exercise knowledge where the Instructor is more of a welcoming host able to direct questions to more experienced and qualified staff, to more advanced exercise knowledge allowing the Instructor to adapt and personalise clients training programmes.

Qualifications required: It is an industry expectation that individuals are registered with the NZ Register of Exercise Professionals (REPs).

Registration requires holding a suitable qualification such as, the National Certificate in Fitness, Exercise Consultant.

General requirements: Passion for the industry and for working with people. Generally fit and healthy.

Gym work is typically shift based spanning the hours 5.30am through to 10pm. It could also include other duties such as reception cover, general equipment maintenance and cleaning. Many facilities also contain other fitness related areas such as sport halls, Swimming Pools, etc. Often Gym Instructors will multi-task and have additional training such as Pool Life Guards.

Gym Instructors must not only have knowledge of the technical side of exercise to be able to assist and advise gym members, but be generally approachable and welcoming to engage customers using or interested in joining the gym or recreation facility.

Often thought of as an entry position and staffed by younger people, over recent years older adults have also become more noticeable in these jobs, and a definite career route has become more established.

Training costs: Ranges from \$143 On-Job, to \$2,000+

Courses should contain a strong practical element, as well as covering theoretical technical knowledge. The position also requires a high degree of general customer service, so training in this is also useful. Courses vary in length and can cover simply the basics of being a Gym Instructor through to a high degree of specific knowledge generally aimed at people wishing to pursue a long term career within the sector.

Career path: Typically – Gym Management, Personal Training, PT Management, Facility Management, Sport related in specific areas, such as Strength and Conditioning.

Although most will be employed positions, many can be part-time.

Career options generally require both further education and experience.

Remuneration range: \$15 - \$25/hr, depending upon qualifications and experience

How to increase the chances of successfully entering this industry:

Industry experience (even volunteering), Good qualifications, Passion for helping people through exercise.

Undergoing a training course which is recognised by NZ REPs is the expected norm for many employers.

Enthusiasm and good interpersonal skills are highly regarded as it is often believed that the technical skills are more easily trainable.

Other places to source information about this job:

<http://www.reps.org.nz/>

Especially the REPs NZ “Starting out Guide” -

http://issuu.com/fitnessnz/docs/2012_your_guide_to_starting_out_as_a_n_exercise_pro

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