

SPORTS, ACTIVE HEALTH & FITNESS

Personal Trainer

You can study with a private training provider or at a college of further education.

The length of time you'll study to become a Personal Trainer depends on where you choose to study. This could be in a college or a private training provider. It's up to you to do some research and pick the best route for you.

Qualifications:

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 two ways:

1. Level 2 certificate in instructing Gym based exercise followed by the Level 3 certificate in personal training
2. Level 3 diploma in personal training

The above qualifications are aligned to the new CIMSPA standards and will allow learners to access CIMSPA membership which offers recognition of earned status linked to employability.

What will your schedule look like:

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. 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.

Paying for your schooling:

Government funding: If you are between the ages of 16 – 19 then you could apply for a bursary from the government to help with education related costs such as clothing, books and transportation. If you are over 19, you can apply for an advanced learner loan but you will need to check with your college or training provider to see if the course is eligible. If you take out a loan, you have to pay it back but only when you earn over £25,000. You will repay 9% of any income you earn over £25,000.

Within England, sometimes there are schemes offered by local authorities to help with training to get people back to work but these are rare. With a Level 3 Personal Training course you may be eligible for an advanced learner loan.

