

Personal trainers are individuals who have acquired certification and have reached a certain degree of competency in the fitness field where they possess knowledge, skills, and abilities necessary to design safe and effective fitness programs. They instruct and assist people in reaching personal health and fitness goals.



Character: SRE



Social (Helper) – occupations frequently involve work activities that include practical, hands-on problems and solutions. They often deal with plants, animals, and real-world materials like wood, tools, and machinery. Many of the occupations require working outside, and do not involve a lot of paperwork or working closely with others.



Realistic (Do-er) – occupations frequently involve work activities that include practical, hands-on problems and solutions. They often deal with plants, animals, and real-world materials like wood, tools, and machinery. Many of the occupations require working outside, and do not involve a lot of paperwork or working closely with others.



Enterprising (Persuader) – occupations frequently involve starting up and carrying out projects. These occupations can involve leading people and making many decisions. Sometimes they require risk taking and often deal with business.

Expertise

- **Instructing** — Teaching others how to do something.
- **Service Orientation** — Actively looking for ways to help people.
- **Social Perceptiveness** — Being aware of others' reactions and understanding why they react as they do.
- **Speaking** — Talking to others to convey information effectively.
- **Monitoring** — Monitoring/Assessing performance of yourself, other individuals, or organizations to make improvements or take corrective action.

Day-to-Day Tasks

- Plan routines, choose appropriate music, and choose different movements for each set of muscles, depending on participants' capabilities and limitations.
- Instruct participants in maintaining exertion levels to maximize benefits from exercise routines.
- Evaluate individuals' abilities, needs, and physical conditions, and develop suitable training programs to meet any special requirements.
- Teach and demonstrate use of gymnastic and training equipment.
- Observe participants and inform them of corrective measures necessary for skill improvement.

Work Setting

- Constant physical interaction with other people.
- A lot of freedom in making decisions.
- Requires working indoors in environmentally controlled conditions.
- Spend most of the time in making repetitive motions, walking, and running.

Knowledge

- **Customer and Personal Service** — Knowledge of principles and processes for providing customer and personal services. This includes customer needs assessment, meeting quality standards for services, and evaluation of customer satisfaction.
- **Education and Training** — Knowledge of principles and methods for curriculum and training design, teaching and instruction for individuals and groups, and the measurement of training effects.
- **Psychology** — Knowledge of human behavior and performance; individual differences in ability, personality, and interests; learning and motivation; psychological research methods; and the assessment and treatment of behavioral and affective disorders.
- **English Language** — Knowledge of the structure and content of the English language including the meaning and spelling of words, rules of composition, and grammar.

Education

In order for a person to be a certified personal trainer, one must at least earn one certification. Below are the certifications you may choose to participate:

- ACE Personal Trainer Certification, San Diego, California
- Certified Fitness Trainer, Indonesia Fitness Training Association, Indonesia.

Award

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