

Fitness Trainers and Instructors

SOC: 39-9031 • Career Profile Report

■ Key Facts

<div>\$46,180</div> <div>Median Salary</div>	<div>370,100</div> <div>Employment</div>	<div>+12.0%</div> <div>Growth Rate</div>
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■ Requirements & Salary Range

Education: High school diploma

■ Automation Risk Assessment

Medium Risk - 32.0% probability of being automated in the next 10-20 years.
This job has some routine elements but still requires human judgment and interaction.

■ Work-Life Balance

8.7/10 - Excellent work-life balance

■ Personality Fit (RIASEC)

Higher scores indicate better personality fit for this career type.

Realistic	5.6/10	Investigative	4.6/10
Artistic	6.6/10	Social	8.8/10
Enterprising	5.6/10	Conventional	5.4/10

■ Top Skills Required

Communication skills, Customer-service skills, Listening skills, Motivational skills, Physical fitness, Problem-solving skills

✓ Strengths

- High Demand
- Flexible Work
- Continuous Learning

■ Challenges

- Burnout Risk
- Rapid Technological Change

■ What They Do

Fitness Trainers and Instructors typically perform the following tasks:

- Observe participants and inform them of corrective measures necessary for skill improvement.
- Offer alternatives during classes to accommodate different levels of fitness.
- Monitor participants' progress and adapt programs as needed.
- Plan routines, choose appropriate music, and choose different movements for each set of muscles, depending on participants' capabilities and limitations.
- Evaluate individuals' abilities, needs, and physical conditions, and develop suitable training programs to meet any special requirements.
- Instruct participants in maintaining exertion levels to maximize benefits from exercise routines.
- Teach and demonstrate use of gymnastic and training equipment, such as trampolines and weights.
- Explain and enforce safety rules and regulations governing sports, recreational activities, and the use of exercise equipment.
- Teach proper breathing techniques used during physical exertion.
- Maintain fitness equipment.
- Provide students with information and resources regarding nutrition, weight control, and lifestyle issues.
- Administer emergency first aid, wrap injuries, treat minor chronic disabilities, or refer injured persons to physicians.
- Maintain equipment inventories, and select, store, or issue equipment as needed.
- Advise clients about proper clothing and shoes.
- Conduct therapeutic, recreational, or athletic activities.
- Plan physical education programs to promote development of participants' physical attributes and social skills.
- Teach individual and team sports to participants through instruction and demonstration, using knowledge of sports techniques and of participants' physical capabilities.
- Promote health clubs through membership sales, and record member information.
- Organize and conduct competitions and tournaments.
- Advise participants in use of heat or ultraviolet treatments and hot baths.