

## Do You Like

**Teaching others how to do something.**  
 Selecting and using training/instructional methods and procedures appropriate for teaching new things.  
 Managing one's own time and the time of others.  
 Actively looking for ways to help people.  
 Performing for people or dealing directly with the public.

## The Type of Work

**Personal trainers work one-on-one** with clients either in a gym or in the client's home. Trainers help clients assess their level of physical fitness and set and reach fitness goals. They demonstrate various exercises and help clients improve their techniques.

Group exercise instructors conduct group exercise sessions that involve aerobic exercise, stretching, and muscle conditioning. Pilates and yoga are two increasingly popular conditioning methods taught in exercise classes. Group exercise instructors are responsible for ensuring that their classes are motivating, safe, and challenging, yet not too difficult for the participants.

## Pathways to Success

**Personal trainers must obtain certification** in the fitness field to gain employment, while group fitness instructors do not necessarily need certification to begin working. Group fitness instructors often get started by participating in exercise classes, and some become familiar enough to successfully audition and begin teaching class. Most organizations encourage their group instructors to become certified, and many require it. All certification exams have a written component, and some also have a practical component.

An increasing number of employers require fitness workers to have a bachelor's degree in a field related to health or fitness, such as exercise science or physical education. Some employers allow workers to substitute a college degree for certification, but most employers who require a bachelor's degree require both a degree and certification.

## What Employers Look For

**Individuals who...**

- Have the ability to plan and lead a class that is motivating and safe.
- Are outgoing, good at motivating people, and sensitive to the needs of others.
- Have strong sales skills.
- Can explain and enforce safety rules and regulations governing sports, recreational activities, and the use of exercise equipment.
- Offer alternatives during classes to accommodate different levels of fitness.
- Plan routines, choose appropriate music, and choose different movements for each set of muscles, depending on participants' capabilities and limitations.
- Observe participants and inform them of corrective measures necessary for skill improvement.

## Job Outlook

**Fitness workers held about 205,000 jobs** nationwide in 2004. Employment of fitness workers is expected to increase much faster than the average for all occupations through 2014, with expected growth of nearly 27% annually. Employment in the State of Ohio in 2002 registered at approximately 6,500 workers with expected growth of about 32%.

Almost all personal trainers and group exercise instructors worked in physical fitness facilities, health clubs, and fitness centers, mainly in the amusement and recreation industry or in civic and social organizations.

## Earnings Potential

Location	Year	Pay Period	Low	Median	High
United States	2004	Yearly	\$14,530	\$22,470	\$55,560
		Hourly	\$11,216	\$17,323	\$42,816
Ohio	2004	Yearly	\$12,500	\$19,600	\$37,400
		Hourly	\$9,615	\$15,077	\$28,769
Cleveland-Elyria-Mentor, OH	2004	Yearly	N/A	N/A	N/A
		Hourly	N/A	N/A	N/A

Source: Occupational Information Network, O\*Net Online, <http://online.onetcenter.org>



# Fitness Workers

**DEFINITION:**  
 Fitness workers lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular exercise, strength training, and stretching.

**NAME:** Molly Bruner  
**COMPANY:** Lorain County Community College and The Westlake Recreation Center

**Q.** When you were a young child, what did you want to be when you grew up?  
**A.** When I was younger I wanted to be everything from a dentist to a flight attendant, a singer to an astronaut. It kept changing. Every year I wanted to be something different. And still to this day, I think it would be interesting to explore other areas.

**Q.** How did you become interested in your particular field?  
**A.** After graduation from high school, I wanted to pursue communications or dental hygiene. I eventually started taking Physical Education classes to earn the required amount of credits at Lorain County Community College, such as Step Aerobics and Kickboxing, to get back into shape. I just fell in love with it. From there, I decided to switch my major and enroll in the Sport and Fitness Management Degree Program.

**Q.** Who or what influenced your decision the most and why?  
**A.** I had the opportunity to take a few required health classes with some of my professors in the Sport and Fitness Management program before I was actually in the program. Lisa Augustine, Mary Jo DiGiandomenico, Renee Crates and Kathleen Resar were the first people I met in the program that motivated and inspired me.

**Q.** What is your educational background?  
**A.** I have received an Associate of Arts degree in Middle Child Education, an Associate of Science in Sport and Fitness Management and will be finishing my Bachelor's from The University of Akron in Sport and Exercise Science in Spring, 2007. I have also acquired the following certifications: AFAA Group Exercise Instructor, AFAA Personal Fitness Trainer, Certified Spinning® Instructor, and Certified Power House Pilates Instructor.

**Q.** What was the most critical class or training you took and why?  
**A.** I think all of the classes are critical for one to understand how the body moves and works. The classes I took through LCCC's program included Biomechanics, Kinesiology, Exercise Physiology, Applied Exercise Physiology, multiple health and nutrition courses and courses that open your eyes to special populations. Even the basic Anatomy and Physiology classes were helpful.

**Q.** How did you get to where you are today? What path did your employment journey take?  
**A.** After graduation from LCCC, I took a position at Cuyahoga Community College teaching aerobics. I then began teaching Pilates and Spinning® at The Westlake Recreation Center. During the summer of 2005, I was hired in as Part-time Adjunct faculty at Lorain County Community College, instructing more aerobics classes. When I graduate from The University of Akron in the spring, I hope to find a full-time position at a place where I can help people, have fun and possibly find the time to go back to school and begin working on my master's.

**Q.** What skills do you think are needed to be successful in this field?  
**A.** People skills are a must! You have to enjoy working with people. Be educated; acquire the skills and knowledge to assist people to become healthier individuals.

**Q.** Did you have any words of advice for someone considering a career in your field?  
**A.** If someone is passionate about fitness/health, and are motivated individuals who love motivating others, I would suggest they look into a career in the health and fitness field. Become educated in the field, research the most credible certifications, such as ACSM, NSCA, NCSF or AFAA, and choose a college that offers a great program in the health and fitness field.