

Fitness Instructor

Fitness instructors direct, instruct and guide individuals and groups in the pursuit of physical fitness and wellbeing.

Job title examples

- Fitness Instructor
- Gym Instructor
- Personal Fitness Trainer

Other jobs in this field of work

What fitness instructors do

- consult with various health professionals to develop and design fitness programs
- design individual fitness programs based on assessment of the client's age, level of fitness, goals and abilities
- deliver group exercise classes and personal tuition in a variety of fitness activities in a safe and creative manner
- demonstrate and teach body movements and skills used in fitness routines
- set up and monitor fitness equipment and ensure that equipment is safe, clean and in working condition
- teach and advise on the use of fitness equipment
- ensure clients are aware of and adhere to safety and injury prevention procedures
- report accidents and prepare accident reports
- maintain a working knowledge of current health and safety standards and ensure working practices and procedures conform to current legislation
- maintain current first aid certificates

Main employing industries

- Arts and Recreation Services (e.g. sports and physical recreation facilities)
- Other Services (e.g. personal fitness training)

Qualifications



The following government subsidised qualifications are available in NSW:

Certificate III in Fitness available as a traineeship or qualification

Certificate IV in Fitness available as a traineeship or qualification

Diploma of Fitness available as a qualification

Apprenticeships and traineeships: Find out how to get an [apprenticeship or traineeship](#).

Course fees: You may be eligible for government subsidised training under Smart and Skilled. Go to the [Course Finder](#) to find training in your area, estimate your fee and find a training provider.

Job prospects and pay



- There are around 10,984 fitness instructors working in NSW.
- Over the next four years, employment in this occupation is expected to decline in NSW.

Average weekly full time earnings (before tax):

- Fitness Instructors: \$692
- All occupations: \$1,200

Related jobs



- Outdoor Adventure Guide
- Sports Coach, Instructor and Official
- Sportsperson

To find out more regarding these related jobs, visit the [Job Guides Homepage](#).

Information sources

Occupations: Australian Bureau of Statistics, Australian and New Zealand Standard Classification of Occupations, 1220.0

Employment: Australian Bureau of Statistics, Labour Force, Australia, Detailed, Quarterly, 6291.0.55.003

Skills shortages: Department of Employment, Skill Shortage List NSW 2015-16

Job prospects: Centre of Policy Studies (CoPS), Victoria University, Employment Forecast Data for NSW 2015/16 to 2022/23

Earnings: Department of Employment, joboutlook.gov.au, based on ABS Characteristics of Employment Survey, August 2014