

# MAKING CAREER CHOICES

FACT SHEETS TO HELP YOU CHOOSE  
THE RIGHT CAREER AND STUDY PATH



## Fitness

### **Fitness Instructor, Group Exercise Instructor, Gym Instructor, Personal Trainer, Aqua Instructor**

---

#### Industry Description

Practitioners in this industry will be required to work in close proximity with others, providing health and fitness services. This could include assessing individuals, creating exercise programs, providing advice, instructing in fitness activities and assisting in the cleaning and maintenance of centres and equipment.

**Below are some of the particularly demanding requirements. Reasonable Adjustment may apply for individuals with specific support needs in industry training. The learner should have:**

- the ability to communicate information and ideas so others will understand
- the ability to shift back and forth between two or more activities or sources of information (time sharing)
- the ability to speak clearly and confidently
- the ability to coordinate movements and perform physically demanding activities (stamina and coordination)
- the ability to see objects and details peripherally, at close range and at a distance
- the ability to memorise and apply complex anatomical and physiological terminology in the workplace
- the ability to design and produce a health and fitness program for clients
- the ability to do shift work including early starts and late finishes
- the ability to lift heavy objects
- tolerance for standing, bending, twisting, squatting and reaching.

**Below are some of the important personal abilities that are required. The learner should have:**

- an excellent level of physical fitness
- enthusiastic and outgoing personality
- good communication skills



- the ability to work outdoors
- a readiness to take responsibility for others' health and safety.

## Workplace Health and Safety

All practitioners must understand their workplace health and safety obligations and safety requirements under the:

- *Work Health and Safety Act 2011* which imposes obligations on people at workplaces to ensure workplace health and safety.
- *Work Health and Safety Regulation 2011* that describes what must be done to prevent or control certain hazards which cause injury, illness or death.
- *Codes of Practice*, which are designed to give practical advice about ways to manage exposure to risks common to industry.

All practitioners must be able to participate in Risk Assessments, Incident Reports and Hazard Identification.

In Queensland, a Senior First Aid and Cardiopulmonary Resuscitation Certificate is required for employment in Fitness.

## Legislative or licensing issues

All practitioners must meet the qualification requirements set by industry standards.

## Resources and further information

For more information on duties, tasks and career and labour market information relating to Fitness, please refer to <http://joboutlook.gov.au>.

## Industry information/professional associations

Australian Fitness Network: [www.fitnessnetwork.com.au](http://www.fitnessnetwork.com.au)

Fitness Australia: [www.fitness.org.au](http://www.fitness.org.au)

Physical Activity Australia: [www.physicalactivityaustralia.org.au](http://www.physicalactivityaustralia.org.au)

Sportspeople: [www.sportspeople.com.au](http://www.sportspeople.com.au)

For career resources to help explore and plan careers, visit [www.myfuture.edu.au](http://www.myfuture.edu.au).

*This is intended to be used as a tool for career research, in conjunction with other resources. For specific course information, please refer to the TAFE Queensland website [www.tafeqld.edu.au](http://www.tafeqld.edu.au) or ring 1300 308 233.*



[tafeqld.edu.au](http://tafeqld.edu.au) | 1300 30 8233