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If you are contemplating a new career on startup or a midcourse change of career, a personal trainerâ€™s career has a lot to appeal to a certain type of people. A personal trainer is an embodiment of what his/her clients will like to be. The personal trainer reflects good health and a concern for physical fitness. Both of these appeal to most people since good health is on the top of the list of all in todayâ€™s busy world. The career of a personal trainer is physically very challenging and rewarding as well. Personal trainer jobs range from being a freelancer to working for a privately owned gym. You can work for a sports centre or a health club and there is a large number of all these throughout the UK. You will draw a great deal of personal satisfaction in taking a client through a fitness cycle to his/her target fitness goal. These jobs are very flexible and you will get a variety of clients from different backgrounds and ages. There is also a possibility of a large remuneration package.

If you feel you have it in you to be a personal trainer, the next step is to find out more about personal trainer training in the UK. There are several types of courses being run to give you this training and most of these courses do not insist on any qualification on entry other than GCSE in Science/Biology. Before you start off with the training you will need to decide whether you wish to be a personal trainer or a circuit trainer, an aerobics instructor or an exercise specialist for children. Thereafter you can look for a specific course to meet your requirement.

Most of the personal trainer courses come under the National Qualification Framework (NQF) with a credit transfer system that has nine levels of learning. This learning can be face to face or via distance learning. It can also be a combination of the two. The first three levels are Basic and Fitness Instructing with the third level being the certificate in personal training. One is a qualified personal trainer at this stage and can apply for personal training jobs. Level 4 includes the medical side of training such as cardiac rehab and obesity. Level 4 qualification will prepare you for jobs in health related industries. The amount of time taken to be qualified will depend on whether you study part time or full time.

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