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Discuss the role of a personal trainer in contributing to the health and well being of their clients, and how CIMSPA membership and recognition can be of benefit.

The aim of this assignment is to discuss the role of a personal trainer, focussing on the contributions to the health and well-being of their clients. This assignment will also explore the memberships of the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) (CIMSPA, 2020) and how recognition can be of benefit.

The author of this assignment is hoping to expand their knowledge of this subject and how it could contribute to the future of their career.

Personal trainers are considered a fast-growing profession that can make a big impact on their client's lifestyles and they have various roles (Hargens, et al, 2022). They provide motivation for their clients and they help clients reach their fitness goals. The term "personal trainer" can be defined in many ways "A personal trainer is an educator, motivator. Business person, nutritionist, psychologist, coach, exercise physiologist, and more" (Roberts, 1996). CIMSPA is a professional evolution that is committed to supporting the sport and physical locality of the UK (CIMSPA, 2020).

Personal trainers work with a variety of different clients, they can range from healthy individuals or those with health challenges, the need for a personal trainer comes with a personal goal, which can range from improvement in health-related physical fitness, managing health risks, performance and promoting long-lasting healthy habits (Kompf, 2014). There's more to personal training than just training their client in the gym, they conduct basic health screening assessments to make sure the client is able to participate in any exercise regardless of the intensity the trainer may set. Justin (Kompf, 2014) believes that personal trainers should be regarded as a healthcare provider and should have a specific role within the healthcare system. A trainer having a strong understanding of kinesiology, psychology, injury prevention, and nutrition and having the skills to perform a basic medical screening test. This would have the trainers share similarities and roles with other healthcare providers such as dietitians, physical therapists and doctors (Kompf, 2014).

One of the many roles of a personal trainer is to show and tell their client how to use fitness equipment accordingly and introduce them to the gym. Having a personal trainer who is educated and has the skills to demonstrate the right technique and be able to correct it if needed is really important because, without this knowledge, there's a high risk the client could get hurt or suffer a long-term injury. The personal trainer's job is to make sure the client is using the appropriate form and performing the exercise as accurately as possible. This will be beneficial for clients in many ways as it will start to grow their knowledge in the field and their confidence will grow with it. This will eventually lead them to be able to go to the gym and exercise safely without the supervision of a personal trainer. (AIF, 2020).

Another role of a personal trainer is to make sure the client is medically cleared and able to perform any sort of exercise. The American College of Sports Medicine guidelines have recommended that all people starting exercise or exercise programs should undergo health screens and be risk assessed before they begin, and more for people who are at high risk of cardiovascular disease or may have other health issues (Williams, 2013). personal trainers will provide the clients with the appropriate health screens and fitness tests, doing this will help determine whether the client is ready to be trained, in some cases clients may have to see their doctor or a health professional before attempting the programme or any sort of exercise they might be assigned to. One of the most basic yet efficient ways to health screen a client is to get them to fill out a “physical activity readiness questionnaire” (PAR-Q). A PAR-Q is an assessment of a client’s medical and health history, it's very easy to read and answer and has been recommended as a minimal standard for entry into moderate-intensity training programmes (Hargens, et al, 2022).

It's important for personal trainers to have an understanding of what the clients want to change or improve, trainers have a key role in creating and assisting exercise programs as this will help them build the right programme to fit the client's needs. These written programs will help develop a routine and kickstart the client's journey to improving health and reaching the goals they may have set. A good training programme consists of many elements such as a warm-up, cardiovascular exercise/conditioning, resistance training, cool-down and flexibility training(Williams, 2013). Some clients might be ready to use more advanced options for their personal training programme with a greater focus on skill components such as sport-related training, a client might be trying to run their first marathon or get stronger and faster for their desired sport, this is where the training can go from simple to more complex. A client's programmes can differ from personal goals, lifestyle goals and helping to prevent diseases such as coronary heart disease, obesity and diabetes (Hargens, et al, 2022). Personal trainers should also take into account a client's sedentary behaviour such as sitting down, computer/smartphone use, watching television and time spent at low intensities. Sedentary behaviour can increase the risk of type 2 diabetes, cardiovascular disease, ageing and mortality (Gibbs, et al, 2015).

Eliminating or trying to avoid sedentary behaviour is recommended for the personal trainer to include in a client's programme. Even if the client is reaching the physical activity guidelines it is still possible to suffer the effects of sedentary behaviour, it is recommended that clients have “frequent short activity bouts” it will not only help the client further reach their goals it will also help them prevent long term effects from sedentary behaviour (Hargens, et al, 2022).

Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) works as a key element to fitness professionalism and is a valued membership for personal trainers. It awards the membership holder with professional recognition and credibility which provides clients, employers, colleagues and the public that the personal trainer has achieved the required qualifications to work within the industry. This gives the membership holder an advantage in the field as the clients are more likely to find and hire trainers who are recognised by the professional membership (CIMSPA, 2020). Having a CIMSPA membership offers personal trainers many opportunities such as having contact with other personal trainers, this is very useful for trainers as they can share their experience and knowledge with each other to further enhance their careers and learn more about the field itself, and this can also lead to job opportunities in different areas as the CIMSPA qualifications are internationally recognized (CIMSPA, 2020).

CIMSPA offers many resources to the membership holder such as guidance, insurance, assistance in digital marketing and many more (CIMSPA, 2020). These resources are useful for personal trainers as they can help kick-start their careers or help them grow and reach new heights as personal trainers. This allows them to provide better health advice, better training programmes and overall deliver a better service as personal trainers, which will increase client satisfaction and help grow the field of personal training. CIMSPA is helping its members get the best out of themselves by sharing all these resources and allowing communication with other members to better each other. CIMSPA plays a huge role as a supporter of the fitness profession, striving to improve the view of personal trainers and showing the importance of staying healthy and being physically active (CIMSPA, 2020).

Conclusion

The role of a personal trainer is essential to their client's health, goals and well-being. In a time when more and more people suffer from the likes of obesity and too much sedentary behaviour, personal trainers act as the tool to help people win the war against unhealthy lifestyles and overcome unhealthy habits. They are teachers and motivators who understand the importance of living a healthy lifestyle and take on the challenge of making significant lifestyle changes. They assess their client's health history and personal goals which allows them to create workout plans tailored to their client's needs. The CIMSPA membership provides personal trainers with a number of valuable resources and guidance that can further enhance their career and development as personal trainers. CIMSPA helps its members develop the skills needed to stay

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competitive in a rapidly growing field and provides insurance and confidence to current and future clients. A personal trainer's role must be overemphasised, making them vital in developing a healthier world.

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