

CERTIFICATE IN HIGHER EDUCATION **IN SKILLS FOR THE WORK PLACE**

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FITNESS INSTRUCTOR

Introduction:

I want to become a fitness instructor due to my childhood, as I was a gymnast. I started at the age of 4, and mostly enjoyed myself until I sprained my knee at the age of 10. I had a really hard time dealing and recovering from that trauma. I see an opportunity in being a fitness instructor as I can be back in the sports world, it might not be gymnastics but, it still has a connection to it as I loved what I did, and I loved that I had a healthy lifestyle. All this can be recovered as becoming a fitness instructor gets me back on track.

WHAT I NEED TO ACHIEVE IN ORDER TO BECOME A FITNESS INSTRUCTOR

- a level 2 Fitness Instructor Qualification:

I am planning to certainly go to a sports dedicated school to achieve the wanted degree but, first I want to have the knowledge on how to run my own business which I can achieve here.

- A good knowledge with the fitness and sports life:

This purpose of mine will start with a trip to the fitness, a big fitness which has a lot of equipment that I can look around and gain some knowledge on their function. I need to have a perfect image of each and every machine and its purpose, its flaws and gains, and also the mistakes that you can mostly do on this machines and how to prevent them.

- Body types and needs.

That will start with basic things as take some of my friends and help them achieve their dream body shape. Give advice and a plan they should be following in the fitness. The plan goes by what the client tells you, you can make a questionnaire where you ask them on what their looking to achieve. Then you make them a fitness plan and a eating plan that goes and helps with the training plan. Each body and person are looking for something different, and you should know how to help them achieve what they are looking for. I know most of that information because I attend the fitness very often and I do have personal trainer that shares all of that with me.

GAINS & FLAWS

- You gains from all that fitness and sports life is that you are actually achieving you dream body.
- Achieve a healthy lifestyle, and mostly help people and yourself.
- You're routine changed drastically and becomes more useful and helps your lifestyle to become everything you need to be better.
- There aren't many flaws to having a sport dedicated life but till one of the flaws of it its, being that addicted to fitness and taking your body to the next level where you can not recognize yourself. This addiction is not a healthy one as it ruins your body and structure.
- Not being able to work on all of the machines is also one of the flaws.

Some people can not use everything in the fitness due to injuries and traumas that they have experienced. These kind of people need some special training and attention. It is still manageable to use everything for them as long as they have a trainer always accompanying them.

CONCLUSION

In conclusion I must say that I am a very dedicated person and I am very aware that the above achievements are not easy to achieve but I will give the best of me to gain them. It is not easy being in the sports life and keeping healthy and a good body shape to represent your work. I will work twice as hard then now, get my degree learn how to run my own business and become a really good fitness instructor. In the future I am planning on running my own fitness. Personalized trainings are also on my to do list as there are people who are not comfortable to attend the fitness hall, and a personal trainer will do the job for them just perfectly. Working hard on achieving my dreams has always been a priority of mine.

REFERENCES

https://en.wikipedia.org/wiki/Professional_fitness_coach

https://en.wikipedia.org/wiki/Personal_trainer