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The role of personal trainers in contributing to the health and wellbeing of their clients
and how CIMSPA membership and recognition can be a benefit.

This assignment will aim to show how a Personal trainer can contribute to health and overall wellbeing of their clients, personal trainers have many roles that vary from helping clients reach their fitness goals to helping them prevent long term health issues. The chartered Institute for the management of sports and physical activity (CIMSPA) is a professional development body for the UK's sport and activity sector, that focusses on supporting their clients which will lead to development that will enable them to succeed which will then lead to more physical activity nationwide (CIMSPA, 2023).

A Personal trainer is an expert in physical exercise and fitness they combine their expertise with their interpersonal and motivational skills that will lead the client or a group of clients through their exercise routine which will encourage them to learn on how to achieve and maintain Personal fitness in the most safe and effective way (Myers, 2014). First and foremost, the personal trainer will start by having you fill out a physical activity readiness questionnaire (PAR-Q) which will then uncover any health or lifestyle issues this will be the base for everything to take shape on how to plan a program for a certain client with certain health conditions or lifestyle habits. The personal trainer will aim to promote optimal cardiorespiratory fitness, muscular strength, flexibility, muscular endurance, and body composition. They will also focus on agility, speed, reaction time, coordination (Hargarns et al, 2022).

The benefits of training are significant to living an overall better life as it works towards reducing the possibility of many major illnesses or diseases such as coronary heart disease, stroke, type 2 diabetes, cancer this will then lead to a reduction of early death of up to 30% (NHS, 2024). Many people train to tackle other obstacles that relate to their wellbeing that could be weight control that will then boost mood, energy, and also sleep. The recommended time per week for exercise is 150 minutes of moderate exercise such as brisk walking to elevate the heart rate and blood flow on

the other hand depending on age and mobility you could half that time to 75 minutes of vigorous physical activity which will put the heart rate at a much higher rate. CIMSPA membership is set out to aim to nurture talent and help develop careers push professionalism and to get high standards of success the vision at CIMSPA is to shape and recognize a valued sport that everyone can be a part of they will look to allow individuals to realize their potential through a clear route of the sector. Provide the best clients with the best trainers to be able to give the public the best confidence boost in a professional sector (CIMSPA, 2023). It involves working with stakeholders such as awarding organizations, higher educational institutions, training providers, professionals, and policy shapers by working with all of these they get an input of the requirements and the expectation of the sectors workforce and their employers which will then identify areas from improvement that can. boost the rate of delivery. In 2013 CIMSPA led a section wide consultation review to make sure the chartered status and organizational activity is fit for the sector that then led to changes being made due to the findings which was a better offer to accommodate the sectors prospers (CIMSPA, 2023).

A personal trainer is someone who has a diploma or a GED at minimum that will work with primarily health athletes to enhance their client's fitness they will also work with individuals who may have stable health challenges and are cleared to Exercise independently. They will do checks such as a health screening lifestyle inventory and fitness health assessments. The trainer will adhere to all agreed-upon terms with each client and stay within the scope of practice of the personal trainer. CIMSPA is a professional development body which enables professionals to succeed in the sports and Physical activity sector. The main factor of what CIMSPA is to develop sporting talent but not only professionals but the majority of the UK to help foster high levels of activity among the public to ensure a high standard of practice.

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