

# Fitness/Aerobics Instructors



## WHAT THEY DO

Instructs or coaches groups or individuals in exercise activities. Demonstrates techniques and form, observes participants, and explains to them corrective measures necessary to improve their skills. This career is part of the Education and Training cluster and Teaching/Training pathway.

## IS THIS FOR YOU?

**Work Interests** are described in the following categories (compatible with Holland's Model) by people who tend to succeed in this career:

- **Social** – You are a "helper". You like being around people and helping them with problems. Socializing is fun for you.
- **Realistic**—You are a "doer". You like physical activities and projects. You like to find the answers to problems by doing hands-on work instead of talking about solutions.
- **Enterprising** – You are a "persuader". You like to sell things or ideas. Prestige and power are important to you. You like to use your language skills to convince other people of your ideas.

**Work Values** are aspects of work that are satisfying to you. The following work values are generally associated with this career.

- **Achievement** – It's very important to you that your work allows you to use your best abilities. You want to see the results of your work and get a feeling of accomplishment.
- **Independence**—It's very important to you that you have friendly co-workers. You want to try out your own ideas and work with little supervision.
- **Relationships** – It's very important to you that you have friendly co-workers. You would like to be of service to others without compromising your sense of right and wrong.

**Aptitudes** reflect a person's ability to acquire skills and knowledge. The following aptitudes are important for success in the career:

- **General Learning Ability**
- **Verbal Aptitude**
- **Manual Dexterity**

## SKILLS YOU NEED

### Basic Skills:

- Active Listening
- Speaking
- Critical Thinking
- Learning Strategies
- Monitoring

### Transferable Skills (applicable in other careers):

#### High level

- Giving information on events and procedures
- Planning and giving information and help
- Planning education and training programs
- Planning recreation and entertainment activities
- Providing recreation and entertainment activities
- Teaching education and training programs

### Workplace Skills:

#### High level

- Coordination
- Instructing

#### Medium level

- Complex Problem Solving
- Equipment Selection
- Judgment and Decision Making
- Service Orientation
- Social Perceptiveness
- Time Management
- Troubleshooting

Additional skills for this occupation may be found at <http://www.iowaworkforcedevelopment.gov/career-exploration-resources>

Source: <https://secure.ihaveaplaniowa.gov/>

## ESTIMATED & PROJECTED EMPLOYMENT

Occupational Title	2012 Estimated Employment	2022 Projected Employment	2012-22 Employment Change	Annual Growth Rate (%)	Total Annual Openings
Total, All Occupations	1,758,205	1,955,480	197,275	1.1	61,665
Personal Care & Service Occupations	53,010	63,675	10,665	2.0	2,315
Fitness Trainers & Aerobics Instructors	2,805	3,160	355	1.3	70

Source: <http://www.iowaworkforcedevelopment.gov/occupational-projections-0>

## 2015 WAGE & SALARY (\$)

Occupational Title	Average Wage	Average Salary	Entry Wage	Entry Salary	Experienced Wage	Experienced Salary
Total, All Occupations	19.77	41,122	9.55	19,858	24.88	51,755
Personal Care & Service Occupations	11.14	23,172	8.09	16,832	12.66	26,342
Fitness Trainers & Aerobics Instructors	12.00	24,966	8.09	16,822	13.96	29,037

Source: <http://www.iowaworkforcedevelopment.gov/occupational-projections-0>

## EDUCATION & TRAINING

Education	Work Experience	Job Training
High School Diploma	None	Short-Term On-The-Job

For most fitness workers, certification is critical. Personal trainers usually must have certification to begin working with clients or with members of a fitness facility. Group fitness instructors may begin without a certification, but they are often encouraged or required by their employers to become certified. The education and training required depends on the specific type of fitness work: personal training, group fitness, or a specialization such as Pilates or yoga each need different preparation. Personal trainers often start out by taking classes to become certified. They then may begin by working alongside an experienced trainer before being allowed to train clients alone. Group fitness instructors often get started by participating in exercise classes until they are ready to successfully audition as instructors and begin teaching class. They also may improve their skills by taking training courses or attending fitness conventions. Most employers require instructors to work toward becoming certified. Most certifying organizations require candidates to have a high school diploma, be certified in cardiopulmonary resuscitation (CPR), and pass an exam. All certification exams have a written component, and some also have a practical component. Source: <http://www.iowaworkforcedevelopment.gov/occupational-projections-0> and <https://secure.ihaveaplaniowa.gov/>

## NATIONAL CAREER READINESS CERTIFICATE (NCRC)

Skill	Median Skill Level
Applied Mathematics	n.a.
Locating Information	n.a.
Reading for Information	n.a.

This ACT-developed credential demonstrates achievement and a certain level of workplace employability skills. The greater the score, the greater the skill level (Bronze = 3, Silver = 4, Gold = 5, Platinum = 6).

Source: <http://www.act.org/workkeys/analysis/occup.html>



## ADDITIONAL SOURCES:

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## PRIMARY INDUSTRY SECTORS

**(Where are Fitness/Aerobics Instructors Employed?)**

- Civic, Professional Organizations
- Amusement, Gambling, and Recreation Industries
- Personal Services
- Educational Services

Source: <http://www.iowaworkforcedevelopment.gov/occupational-projections-0>