

PHYSICAL / FITNESS TRAINER

A Physical or Fitness Trainer helps people of different ages improve their physical health and fitness level through exercise and healthy diet. They may specialize in one or more areas, including but not limited to aerobics, weight lifting, pilates, yoga, and dance. They may lead group classes, provide one-on-one training to clients, or a combination of both. A fitness trainer can also help alleviate muscle pains and soreness which is common in players.

PERSONAL COMPETENCIES

- You like different types of physical activities
- You have the ability to motivate others
- You like to work outdoors
- You are an effective communicator



The approx. course fee ranges between **INR 21,000 - 90,000***

*These figures are estimated numbers and will vary from Institute to Institute.

SCHOLARSHIPS

• **National Scholarship Portal** - Visit www.scholarships.gov.in. Under this portal there are Central Government schemes offered by different departments, UGC/AICTE Schemes and State Schemes*

• Visit www.buddy4study.com for details on available scholarships. This is a gateway to scholarships starting from Class XI*

• Scholarships are also available in the Institutes based on merit*
*(Availability of these scholarships can vary from time to time)

LOANS

• VidyaLakshmi, www.vidyalakshmi.co.in, is a portal for students seeking education loan. This portal has been developed under the guidance of the Department of Financial Services, (Ministry of Finance), Department of Higher Education (Ministry of Human Resource Development) and Indian Banks Association (IBA).

• Some states have student credit cards with low interest rates, for instance, West Bengal, Odisha, Bihar, etc.

• All banks give education loans.



ENTRY PATHWAY

1. Complete 10+2 in any stream
 2. Complete a Bachelor's degree (B.P.Ed.) in Exercise and Sports Science or Physical Education
- OR
- Complete a Bachelor's degree followed by a Master's degree (M.P.Ed.)
- OR
- Pursue a certificate course or diploma in Physical Education

Please check the duration of the course during enrolment



EXPECTED INCOME

**The figures are indicative & subject to change*

The approx. salary of a Physical/Fitness Trainer ranges between **INR 6,000 - 25,000*** per month depending on experience

Source : <https://bit.ly/3BTsaWc>

WHERE WILL YOU WORK?

Places of Work: A Physical/Fitness Trainer can work in sports clubs, gymnasiums, fitness clubs, community fitness clubs and so on.

Entrepreneurship: You can start your own business or fitness institute and also become a personal trainer.

Work Environment: You have to be constantly active and on your feet. Your job might involve travel. You are expected to work in shifts.

Opportunities for work exist for differently abled in this field

EXPECTED GROWTH PATH

Junior Trainer → Fitness Trainer → Fitness Club Manager/Gym Owner

Search keywords...



fitness instructor, fitness trainer, gym instructor

WHERE WILL YOU STUDY?

The course is offered by the Department of Physical Education.

This list of institutes is indicative only

GOVERNMENT INSTITUTES

1. Jadavpur University, Kolkata
2. Dibrugarh University, Dibrugarh
3. National Sports University, Imphal
4. Sri Sri Aniruddhadeva Sports University, Dibrugarh
5. Bangalore University, Bangalore
6. Aligarh Muslim University
7. Himachal Pradesh University, Shimla (offers M.P.Ed)
8. Gujarat University, Ahmedabad

PRIVATE INSTITUTES

(Please check if the institute is affiliated and accredited with UGC before applying)

1. SRM Institute of Science and Technology, Chennai
2. LPU Jalandhar - Lovely Professional University
3. Integral University, Lucknow
4. Dr. MGR Educational and Research Institute, Chennai
5. Manipal University, Jaipur
6. NIMS University, Jaipur
7. Hindustan Institute of Technology and Science, Chennai
8. Singhania University, Jhunjhunu

Information on the institute rankings can be found at - <https://www.nirfindia.org/2022/ranking.html>

ONLINE COURSES

- NPTEL* Swayam - https://onlinecourses.swayam2.ac.in/cec20_ed04/preview

*NPTEL - National Programme in Technology Enhanced Learning. It is by the Government of India and offers a variety of courses in an audio - video form



EXAMPLE FROM THE FIELD

Biswajit Tapadar is a fitness expert in Kolkata who received his BPT (Bachelor of Physiotherapy) from NIOH (National Institute of Orthopedically Handicapped) Kolkata. He had then pursued a Post Graduate Diploma in Preventive and Promotive Health Care from Apollo Medvarsity, Hyderabad. For the last 20 years, he has been the owner of a fitness Institute in Kolkata which offers a DFLM (Diploma in Fitness and Lifestyle Management).*

Source: Personal Interview

**The above information is for training purposes only and will not be used for any commercial gains*