

Health Project PBL

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A personal trainer is someone who helps people exercise and become fit. A personal trainer can be hired when you need guidance and instruction they help you by motivation, setting goals for you, and providing feedback. A personal trainer give u fitness exams to see your strength and weakness so he/she can help you in your plan to lose weight. A college degree is not necessarily required to be a personal trainer although a degree in science or physical science may help. Although no degree is required There is the education of learning how to take care of the body and learning proper fitness programming because a proper program will help you a lot more in the long run. Now that people know there is no degree required companies who hire personal trainers to work for them will require a bachelor degree in some type of physical or science. The main reason a personal trainer is there is to help you keep you motivated let you know you're doing it right. Although if you wish to open your own medical facility a doctorate or a master degree will be beneficial.

Something you would learn about on this path is how the human body works and how it loses weight. Also mental health and Physical strength, endurance, and cardio endurance. While being a trainer you will learn a lot about body types, skeletal structure, and some anatomy so you can know what to focus on to be a better trainer. The average salary for a full time personal trainer is 53,000\$. This job while not the highest paying is in giant demand as this nation is have a problem with obesity the trainers are needed for more and more people. So if the trainer has multiple people paying for his help his salary can be a lot more than the average stated above. Some requirements for the position of a personal trainer is that you need to know how to help someone with it being too much and hurting them. You also need to be able to be fit so you can show them anyone can be fit and that you're there to help. Last but not least some daily tasks would be Running, Showing them how to do something, giving them feedback, and working out. Some down sides to the job are personal things. One might be seeing someone fail or them not being happy about how you are trying to teach them. This is a down side to me because if i'm here to help you lose weight I want you to be happy and be able to see results of your hard work and not have you think this is pointless. Another downside to this job would be when people give up on the program. This I feel is a downside just because you are believing in these people and you want them to succeed, but when they quit i would be disappointed in them. Some positives of this jobs though would be great. Some of them would be week after weeks you see people improve and become fit and stronger and knowing you helped change that person life would be very satisfactory. Also seeing them become independent enough for them to merely be your friend and not your student anymore because now they know how to do it on their own. This job is interesting because of the people skills you learn the help you provide and satisfaction of changing a life. If you have ever helped someone and you felt good about then a Personal trainer

is the job for you I mean imagine everyday being able to slowly changes the lives of people so they can live an independent and happy life. Not to mention you can make friends meet interesting people and if you become good at what you do there are chances of becoming one of the top trainers in the world like the ones on the Biggest loser. The downside of this jobs would be firstly that if people quit on you then you might feel like you failed. The other downsides of this job would be if you also train along side all your customers you could severely hurt yourself from doing too much with not enough rest. Some interesting fact about a personal trainer are that there are a lot of plans you can do with him/ her because she is your personal help. You can have them do the exercise with you if they offer so you don't feel isolated, You can choose days and times that work for you both. Also the trainer is there to help with many thing such as Weight Loss, fat loss, muscle gain, weight gain, Endurance Gain, and Flexibility. Also studies show that when you're with a personal trainer you a lower risk of injury than when your by yourself. Something I learned is that there is a certain type of trainer who is specifically gonna train you to perform better in sports and not body building. Also if you want to have your own studio or train people from your house you need a business license.

<http://www.wisegeek.com/what-is-a-personal-trainer.htm>

<http://www.livestrong.com/article/416532-what-education-do-i-need-to-be-a-personal-trainer/>

<http://www.acefitness.org/salary/>