

CAREER FACT SHEET

Fitness Instructors

Snapshot

Fitness Instructors direct, instruct and guide individuals and groups in the pursuit of physical fitness and wellbeing's.

How many are employed in this occupation?	30,600
What are the average weekly earnings for full time workers?	\$1,126
How does unemployment compare with other occupations?	Average
What are the job prospects for this occupation?	Medium
What will be the likely future employment growth for the next five years?	Very Strong Growth

Main employing industries

Other Services; Arts and Recreation Services; Education and Training; Health Care and Social Assistance

Tasks

This occupation may include associated occupations with varying tasks.

- consulting with various health professionals to develop and design fitness programs
- designing individual fitness programs based on assessment of the client's age, level of fitness, goals and abilities
- delivering group exercise classes and personal tuition in a variety of fitness activities in a safe and creative manner
- demonstrating and teaching body movements and skills used in fitness routines
- setting up and monitoring fitness equipment and ensuring that equipment is safe, clean and in working condition
- teaching and advising on the use of fitness equipment
- ensuring clients are aware of and adhere to safety and injury prevention procedures
- reporting accidents and preparing accident reports
- maintaining a working knowledge of current health and safety standards and ensuring working practices and procedures conform to current legislation
- maintaining current first aid certificates.

INDUSTRY OVERVIEW

Arts and Recreation Services

If you enjoy dealing with people, working in the outdoors, entertaining, or seek a career with a taste of adventure, then the Arts and Recreation Services industry could be the place for you. The Arts and Recreation industry encompasses a range of occupations in fields such as physical recreation, creative and performing arts, gambling services, parks and gardens operations, horse and dog racing and museum operations. With so much variety on offer there are a number of careers that you can embark on.

Possible job pathways

- Actors, Dancers and Other Entertainers
- Animal Attendants and Trainers
- Artistic Directors, Media Producers & Presenters
- Fitness Instructors
- Gallery, Museum and Tour Guides
- Greenkeepers
- Music Professionals
- Outdoor Adventure Guides
- Visual Arts and Crafts Professionals



Arts and Recreation Services

For more information visit skillsroad.com.au