

LECTURE 1

What Makes an Outstanding Personal Trainer

**Knowledge & Application
of Personal Training**

LECTURE

1

What Makes an Outstanding Personal Trainer?

To answer that we first need to know what a Personal Trainer is, what knowledge they should have and how they put that knowledge into practise. But it doesn't stop there. Outstanding Personal Trainers continue to develop their practice as they progress and get more experience. They have to continually challenge themselves, not only against what the health and fitness industry expects but also the perceptions of the wider public.

A thorough knowledge of the subject together with a comprehensive grip of the foundations of training principles is the platform to spring off, to understand what a personal trainer should know and be able to do. What these lectures will highlight is the essential aspects of holistic and commercial practice together with self-awareness through effective reflective practice.

The purpose of writing these lectures is to support students progressing through their studies towards completing a Level 3 Personal Training Diploma.

One of our chief aims is to ignite a desire for continued self-development and self-challenge. We want students to continue to strive for an increase in professional standards. There are often enormous gaps between what is taught on some courses and what is actually required by fitness professionals in the commercial market. For example, it is important to develop interpersonal skills so that they are appropriate to who you are conversing with. Also crucial is the ability to listen actively and to select tools appropriate to the needs and wants of your client rather than pushing a personal agenda or doing things for the purpose of impressing onlookers or attaining more impacts on a social media platform.

Of course, there is a place for innovation and diversification in training clients, but it should be the ambition of any fitness professional to make or help to support or facilitate a positive change in someone else's life.

Take the following scenario. A client trains with you with the fitness ambition of losing weight but they don't lose as much weight as they would have wished. However, they are happier than they were and look forward to your training sessions. Is that a measurement of success? It should be. Basic theories and concepts of training have altered very little over the years and there are not likely to be any fundamental changes moving into the future, no matter

what new fitness crazes or nutritional supplements may claim. In these lectures we will be looking at training that is relevant to a client's specific needs and how we assess and then meet those needs. And you will learn how to justify your approach with sound training concepts and principles.

The explosion of fitness training, gyms and the increased popularity of recreational exercise can be traced back to the early 1970s when a growing trend of body building and lifting weights became more mainstream. Since then there has been a curve of increased participation and revenue from fitness training. However, alongside this increased curve is the ever-growing issue around sedentary-related diseases and conditions, the chief one being obesity – all of which are preventable.

Something must be going wrong or being ineffective and it's the responsibility of those in the industry to help increase an uptake in some form of physical activity and to make this attractive and sustainable for all.

The aim of these lectures is to provide all the basic knowledge required to practise as a safe and effective practitioner. In the process you will learn some of the essential words and phrases that are commonly used by personal trainers that are not in common usage elsewhere (often called "jargon").

However, we hope that we further inspire the reader to review and improve their commercial and holistic practice. These are not two separate elements that sit beside one another but are combined in the services you will offer. So, as well as this basic knowledge, you will learn about values and principles, how you promote yourself, your business, your training environment and your daily interactions. Good luck on this exciting journey!