



AN EMPLOYEE OF A FITNESS CENTRE AS PERSONAL TRAINER, BUSINESS STRUCTURE AND SOLE PROPRIETOR

INTRODUCTION

Employee means an individual who works part-time or full-time under a contract of employment, whether oral or written, express or implied, and has recognized rights and duties. It is also known as worker.

Personal trainers are typically driven by a passion for fitness and a desire to share their experiences and knowledge with others. They're not keen on desk jobs or sitting alone in cubicles "paper pushing". The primary function of the personal trainer is to instruct the individual clients on the proper methods of exercising according to their age and fitness abilities.

With more and more people becoming health conscious, starting a gym can be a profitable venture, even in a down economy. Likewise, the sole partnership is the simplest business form under which one can operate a business. It simply refers to a person who owns the business and is personally responsible for its debts. A sole proprietorship is a form of business in which an individual starts a business under his or her own name. The sole proprietorship is the oldest and simplest form of business ownership.

DUTIES & RESPONSIBILITIES OF FITNESS PERSONAL TRAINER

A fitness trainer, or personal trainer, works with clients to educate and motivate them towards achieving a healthy body and lifestyle. The role of fitness trainers may vary depending on their level of education and the needs of the client. Their status as either an independent contractor or full-time employee may also influence their duties. A trainer may have a degree or certification in a fitness field or have a background that suits the profession, such as professional athlete or dancer. Understanding the basic

duties of a fitness trainer will help a person to make the best choices to achieve the goals.

According to the National Federation of Personal Trainers, personal trainers apply fundamental exercise science principles to design fitness programs that help meet health and fitness goals in public and private settings. This trainer teaches the individual to reach his individual fitness goals and they are responsible for using and promoting safe exercise prescriptions. Personal trainers keep up-to-date with current industry standards and practices by completing periodic continuing education requirements. Thus, some of the duties and responsibilities of fitness personal trainers are as follows:

Screening

Personal fitness trainers must screen a potential client to determine if he can be physically trained. Trainers must identify health risk factors such as diabetes or obesity. Trainers collect information about a potential client's personal medical history, chronic illnesses, biomechanical problems and current medications. Trainers must obtain clearance from a client's physician if the client is on blood pressure, cardiac or blood glucose medications. Besides, the trainers must collect general client information, which includes the client's age, gender, height and weight. Information about a client's occupation can help the trainer to determine her daily activity level. Trainers should inquire about a client's sleeping and dietary habits, water intake and the most recent exercise program he/she practiced.

Fitness Assessment

Personal trainers are responsible for performing a fitness assessment of a client to structure his training regimen. Trainers administer a body composition test to determine a client's percentage of body fat. Muscular strength and muscular endurance tests helps to determine the intensity of the client's exercise regimen. A "step-test" helps a trainer evaluates a client's cardio-respiratory ability. A "sit-and-reach" test assesses a client's flexibility with minimal equipment.

Dietary recommendation

Personal trainers are responsible for providing the client with general dietary advice. Trainers may provide a client with literature or recommend foods that provide nutrients that help the body recover from exercise or meet the client's fitness goals. Trainers should explain how a client's daily activity determines her dietary caloric requirements and provide charts and tables to help a client make informed meal and

meal timing decisions. Trainers may recommend dietary supplements that can help a client meet her specific fitness goals such as protein shakes for lean muscle gain or vitamins for exercise recovery.

Training

It is the job of a fitness trainer to develop exercises that work towards improving the body tone and overall health. The trainer has the knowledge to provide the client with workout routines that are both safe and effective. All exercises should be demonstrated to the client so they are both effective and accomplished without injury. Strength training may include the use of equipment, such as weight or resistance machines. The fitness trainer will teach the client how to use the equipment and will stay with the client until they become confident with the tool. A trainer will teach them in a proper ways to burn calories during cardiovascular exercising.

Trainers should also structure an exercise regimen according to a client's fitness level and specific goals such as weight loss, lean muscle gain, endurance or muscular strength. Fitness trainers provide instructions about specific resistance movements and the number of sets and repetitions a client should perform during an exercise session. Personal trainers demonstrate the appropriate technique for completing exercise movements and evaluate progress. Trainers must ensure that a client has enough recovery time between workouts. Recovery time depends on the intensity of an individual workout session.

SKILLS OF A PERSONAL TRAINER

A personal trainer has the following skills:

1. Knowledge of human anatomy and the concepts of functional exercise, basic nutrition and basic exercise science.
2. Designing individual and group exercise programs tailored to the needs and attainable goals of specific clients.
3. Conducting and understanding the need and importance of screening and client assessment, initially and progressively.

4. Executing individual fitness program design in a safe and effective way.
5. The desire to help clients to reach their health and fitness goals through appropriate cardiovascular, flexibility and resistance exercise.
6. Motivating others to improve their overall fitness and health.
7. A dedication to maintain personal integrity, health and fitness

PROHIBITION OF A PERSONAL TRAINER

While personal trainers often assume multiple roles with their clients — which sometimes includes being a coach, cheerleader or confidant, there are some responsibilities that personal trainers should avoid.

1. DO NOT Give medical advice, physical therapy advice or attempt to make a medical diagnosis.
2. DO NOT Provide body massage to clients, or any similar service that can be construed as inappropriate touch.
3. DO NOT Serve as a psychological counselor to clients or become intimately involved in personal client relationships.
4. DO NOT Have a romantic or inter-personal relationship with a client.
5. DO NOT Push the own preferences for fitness goals on clients who do not seek out those same goals.

REQUIREMENTS OF A PERSONAL TRAINER

To be a personal trainer, some of the things are also required. They are:

Education and certifications:

An educated trainer makes for happy and successful clients. Certification is the foundation for the long term career. Certifications or specialty certifications of a personal trainer are the main requirement and the places to start.

Experience:

The years of fitness work and capability of the body to move and demonstrate is to be proved. It is also very important to have an extensive experience with various

types of exercises pattern especially with the fitness equipment. Besides, working knowledge as personal trainer for a corporate center or private club prior to start a fitness center is a must.

Enthusiasm:

Personal trainers are responsible for educating their clients on physical fitness and self-motivation. Personal trainers must be inspiring, trustworthy, caring leaders. After all, they lead clients through exercise sessions that can evoke pain, frustration and sometimes tears. Personal trainers keep clients' eyes on their goals and share in the satisfaction and happiness that comes when they are achieved.

Appearance:

Make sure that trainer can walk the walk. In order to be effective, personal trainers must demonstrate that they have mastered these areas in their own lives. Even great educators and motivators may have trouble finding clients if they don't seem to be in shape. This does not mean meeting status quo standards of physical beauty; every body type is different, and being "in shape" means different things for different people. But personal trainers must be able to demonstrate a range of exercises and train just as hard, or harder, than their clients in order to help them succeed.

Growth:

Personal trainer's growth comes in the form of continuing education. Continuing education is required of the baseline certification, but more than that it is an opportunity for growth. Take advantage of opportunities around it and absorb wisdom from successful fitness professionals to meet. Continue education to have a growth in the training career. It keeps the trainer fresh and inspired.

BUSINESS STRUCTURE OF FITNESS CENTRE

With more and more people becoming health conscious, starting a gym can be a profitable venture, even in a down economy. A large key to whether the gym will be successful is the quality of the staff. It is unlikely that a person can run the front desk area and the back end of the gym alone, so hiring employees will be essential. Staffing the new gym can be done without a great deal of hassle, but he/she will need to plan carefully before hiring anyone. Thus, some of the structures of fitness centres are as follows:

1. Determine the gym's staffing needs--this will depend on the size of the gym, as well as the operating hours.

2. Establish the type of trainers and staff for working at the gym, including education, qualifications and personality.
3. Contact local colleges and trade schools in the area that offer kinesiology and personal training programs to hire staff for the gym.
4. Notify the preferred fitness organizations that certify personal trainers, as well as professional associations for personal trainers.
5. Post print and online classified-ads seeking personal trainers.

SOLE PROPRIETORSHIP

A sole proprietorship is a form of business in which an individual starts a business under his or her own name. The sole proprietorship is the oldest and simplest form of business ownership. To start a sole proprietorship, all one need to do is:

1. Create a business name and decide on a location for the business.
2. File for a business license with the locality, and get permission from the locality if the owner wants to operate the business from home.
3. Set up a business checking account.

ADVANTAGES OF SOLE PROPRIETOR FORM

The advantages of forming a sole proprietorship include:

➤ **Control**

As the sole owner of the business, owner have complete control over all the operations, and get to make all the decisions. It does not have a board of directors, shareholders, or other owners to answer to.

➤ **Tax Preparation and Filing**

In sole proprietorship, income taxes are easy to file, using Schedule C and adding the income or loss from the business to other income on the personal tax return.

➤ **Tax Rates**

According to the Small Business Administration, sole proprietorship

tax rates are the lowest of any business form (i.e. 13.3 percent tax rate as compared to 26.9 percent for S corporations).

➤ **Use of Losses**

As the owners have the sole proprietorship for the income or loss on the personal tax return, they can use any business losses to offset personal income from other sources (for example a spouse's salary). They do need to be careful not to run up against the IRS restrictions on "hobby" businesses which generate losses for years, but if they can prove the business is legitimate and not a hobby, those losses can lower the taxes.

DISADVANTAGE OF THE SOLE PROPRIETORSHIP

The primary disadvantage to a sole proprietorship is that the personal finances and those of the business are one and the same. Owner cannot file bankruptcy for the business without filing personal bankruptcy. He cannot expect to shield the personal assets from liability for the debts of the business, nor can avoid being sued personally for negligence due to some problem with the business.

For example, if the sole proprietorship cannot pay its bills, the personal credit card will probably come into use. Filing bankruptcy for the sole proprietorship, whether it is a reorganization or liquidation means involving the personal assets. As stated by the U.S. courts website "a bankruptcy case involving a sole proprietorship includes both the business and personal assets of the owners-debtors." For many business people, the issues of personal liability and involvement of personal assets outweigh the advantages of sole proprietorship structure. If this is the case with any owner, consider forming a limited liability company (LLC) or corporation.

In addition to this, another disadvantage of the sole proprietorship is the tax situation. The sole proprietor pays income taxes on all of the net income of the business. If the business is profitable, owner may want to consider becoming a corporation or S corporation.

CONCLUSION

Employee means an individual who works part-time or full-time under a contract of employment and has recognized rights and duties. Personal trainers are typically driven by a passion for fitness and a desire to share their experiences and knowledge with others. With more and more people becoming health conscious, starting a gym can be a profitable venture, even in a down economy whereas a sole proprietorship is a form of business in which an individual starts a business under his or her own name. The sole proprietorship is the oldest and simplest form of business ownership.