



Scope of Fitness Trainer and Health and Fitness Component

Introduction

Many health clubs, fitness studio, gyms and health & fitness related training centers have cropped up in the past ten years across the globe especially in India, meaning that many are taking on to fitness more seriously than ever resulting in specialized fitness trainers engaged to shape and develop fitness levels of individuals. Beyond being coach of a specialized sport, fitness training could be classified in to many spheres such as personal fitness training, group fitness training, strength & conditioning coach, sports conditioning specialist and many more. Very few into sports are much aware of such programmes that gives fair chance to earn substantially. All that is required is a good base in sports with substantial amount of knowledge in science will take through the course that can be made effective by private training and practice.

A fitness trainer is a specialized professional involved in exercise prescription and instruction motivating clients by setting goals and providing feedback and accountability. Trainers evaluate their client's strengths and weaknesses with fitness assessments. They also educate their clients in many other aspects of wellness besides exercise, including general health and nutrition guidelines. A trainer facilitates to enhance the components of fitness for general health or sports related. Appropriate exercise prescription results in improved body composition, physical performance and health outcomes. A trainer pays close attention to their client's exercise form, workout routine, and nutrition plan. On the whole fitness training improves various aspects like cardio-respiratory endurance, strength, power, agility, functional movements, flexibility, explosive power, neuro-muscular coordination and reflexes.

The scope of the fitness trainer

A fitness trainer will train people in different aspects of physical fitness and help the obese and sedentary get into shape. You will instruct or coach groups or individuals in various exercise routines (weights, aerobics, and flexibility training), besides monitoring their progress through methods such

as BMI (body mass index) and cardiovascular levels. If required, the trainer will also give them basic advice on health and nutrition. The trainer will demonstrate the correct use of various training apparatus and gadgets such as trampolines, weight, rowing machines etc.

Fitness trainer's help clients assess their level of physical fitness and help them set and reach fitness goals. They also demonstrate various exercise routines and help clients improve their technique. They also keep records of their clients' exercise sessions to analyse their progress and physical fitness.

Let's take a look at some of the different kinds of work of fitness trainer;

Personal trainers: Personal trainers work with clients on a one-on-one basis with celebrities and others who like privacy while they work out; either at a gym or at the client's home. The workout is specially tailored to suit the client's specific health and fitness requirements. Obviously, you would prescribe a far more exacting routine for a football player or swimmer as compared to that for a film or company honcho.

Aerobics instructors: Aerobics instructors conduct group workout sessions that involve aerobics, stretching and muscle conditioning exercises. These classes are normally conducted in a gym or at the studio.

Sports instructors: Sports instructors coach professional and non-professional athletes on an individual basis. They organise, instruct, train and lead athletes specialising in indoor and outdoor sports or self-defence training such as judo and karate. Using their expertise in the sport, sports instructors evaluate the fitness level of the athlete and the athlete's opponents to devise a competitive game strategy.

Yoga and naturopathy: Yoga and naturopathy experts work in yoga or fitness institutes and in hospitals as consultants or instructors. Similarly, one could also work as a personal trainer for the well-heeled client who does not have the time or desire to go to a public gym or for someone suffering from a specific health problem. As more and more people look for holistic alternative cures and remedies that are natural and free from side effects, naturopathy and yoga have great promise.

Different roles and names of the trainer

The role of a fitness instructor can be classified as

1. **Aerobics instructor-** a fitness instructor specialising in aerobic exercised and routines
2. **Clinical exercise specialist** – a trainer who works with patients and assists them to overcome and recover from injuries and physical ailments

3. Group fitness or gym instructor – a person who specializes in imparting the nuances of fitness routines to a group of people
4. Personal trainer – a fitness trainer who is exclusively associated with a particular client and looks after their fitness schedule, diet and training

Employment opportunities

Today, fitness in India is a whopping Rs.2,000 crore industry and most fitness centres are swanky studios offering an array of fitness regimes such as aerobics, kickboxing, yoga, dancercise and other workouts with sophisticated machines. Moreover, be it at home or at the fitness centre having a qualified trainer has become the 'in-thing'. With gyms and health clubs mushrooming all over the country, the demand for qualified instructors is going up sharply. And this spells good prospects for those aiming to pursue fitness as their career. Trainers with the 'right' qualification can teach just about anybody who can pay to be healthy and fit — from hardworking executives to the stressed-out CEOs, the politicians, the self-conscious student, the middle-aged housewife.

John F. Kennedy rightly told that, 'physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity.' Today's work has led us to have a sedentary life style which makes us being far from fit. No magic tea, cream or pill and get you back in shape but a physical trainer can be the magician. Fitness is a lucrative career and in today's world can be termed as a sustainable business. The fitness bug has got on to everyone and there are numerous people who are making a bee-line to a trainer in the bid to get into shape.

Five Components of Health Related Fitness

What does it mean to be physically "fit?" Physical fitness is defined as "a set of attributes that people have or achieve that relates to the ability to perform physical activity" (USDHHS, 1996). In other words, it is more than being able to run a long distance or lift a lot of weight at the gym. Being fit is not defined only by what kind of activity you do, how long you do it, or at what level of intensity. While these are important measures of fitness, they only address single areas. Overall fitness is made up of five main components:

1. Cardiorespiratory endurance
2. Muscular strength
3. Muscular endurance
4. Body composition
5. Flexibility

In order to assess the level of fitness, look at all five components together.

Cardiorespiratory endurance: Cardiorespiratory endurance is the ability of the body to take in oxygen (respiration), deliver it to the cells (circulation), and use it at the cellular level to create energy (bioenergetics) for physical work (activity). In fitness, we also refer to cardiorespiratory capacity as aerobic capacity. This capacity includes aerobic endurance (how long), aerobic strength (how hard), and aerobic power (how fast). Some of the long-term adaptations of cardiorespiratory training are: decreased resting heart rate, decreased risk of cardiovascular disease, improved endurance, increased stroke volume and cardiac output.

Muscular strength: Muscular strength refers to the spectrum of muscular capability. This includes muscular endurance (i.e., the ability to apply force over a long period of time or to complete repeated muscle contractions); muscular strength (i.e., the ability to generate force, or the maximum amount of force that a muscle can exert in a single contraction); and muscular power (i.e., the ability to generate strength in an explosive way). Some of the long-term adaptations of improving muscular capacity are increased strength, improved muscular endurance, increased basal metabolic rate, improved joint strength, and overall posture.

Muscular endurance: Muscular endurance is the ability of the muscle to continue to perform without fatigue (USDHHS, 1996 as adapted from Wilmore & Costill, 1994). To improve your muscle endurance, try cardiorespiratory activities such as walking, jogging, bicycling, or dancing.

Body composition: Body composition is the proportion of fat-free mass (muscle, bone, blood, organs, and fluids) to fat mass (adipose tissue deposited under the skin and around organs). Some of the long-term adaptations of improving body composition are decreased risk of cardiovascular disease, improved basal metabolic rate, improved bodily function, and improved Body mass index (BMI).

Flexibility: Flexibility is the range of movement or amount of motion that a joint is capable of performing. Each joint has a different amount of flexibility. Some of the long-term adaptations of improved flexibility are decreased risk of injury, improved range of motion, improved bodily movements, and improved posture.

Secondary Components of Fitness

The secondary components of fitness (also known as the components of performance based fitness) are involved in all physical activity and are necessary for daily functioning. Athletes experience different levels of success depending on how well these secondary fitness components are developed. Although the primary components of fitness are thought to be the most important, we should not ignore the secondary components because of their importance in the completion of daily tasks. The secondary components include the following.

Balance: Balance is the ability to maintain a specific body position in either a stationary or dynamic (moving) situation.

Coordination: Coordination is the ability to use all body parts together to produce smooth and fluid motion.

Agility: Agility is the ability to change direction quickly.

Reaction time: Reaction time is the time required to respond to a specific stimulus.

Speed: Speed is the ability to move rapidly. Speed is also known as velocity (rate of motion).

Power: Power is the product of strength and speed. Power is also known as explosive strength.

Mental capability: Mental capability is the ability to concentrate during exercise to improve training effects as well as the ability to relax and enjoy the psychological benefits of activity (endorphins).

Conclusion

Fitness trainers are the ones who motivate and focused to achieve ones goals of becoming fit and in shape. They train either a group or an individual and chalk out the regime based on age, lifestyle, fitness level and health. They help to get into a routine doing weights, aerobics and the various machines available in the gym. They also make the clients be able to push the envelope and reach better fitness levels. Their advices are valuable and they help the correction of good posture and food intake. They bring about a change in clients lifestyle if required. They assess the fitness level of clients and also help to set fitness goals and demonstrate the various routines and guide the clients to do it the right way.