

Interested in becoming a Children's Fitness Instructor?

As a children's fitness instructor you may be responsible for setting up after-school activities, holiday play and activity schemes and teaching on existing children's programmes. You will need to be flexible and adaptable using different activities to motivate and inspire children of various ages to enjoy physical activity.

Find out more about what the job is like



Working hours

Your working hours are likely to be quite varied and depend on whether or not you are employed by a specific school, gym, health club or leisure centre. If you are working with schools you will be often be required to run activities as part of an after-school club. It is most likely you will work on a contract or freelance basis.

Salary

As many children's fitness instructors work on a freelance, contract or part-time basis they are usually paid hourly. The average hourly wage for this position will vary based on location but will average between £15 – £20 per hour.

Qualifications needed

CYQ Level 2 Certificate in Fitness Instructing (Exercise and Physical Activity for Children)

To find out more about becoming a children's fitness instructor visit
cyq.org.uk/qualifications

Gerbeshi Faton



I am a Sports Leader at the Central YMCA Club. I plan and deliver physical education lessons to local schools, run weekly football coaching sessions as well as holiday playschemes and term-time courses to young people aged between 5 and 14 years old. I am currently studying for the CYQ Level 2 Certificate in Fitness Instructing – Exercise & Physical Activity for Children.

Why did you decide to pursue a career in health and fitness?

I have always had a strong interest and passion for football so my desire to work in the health and fitness industry came from there. I like to keep fit and love helping out schools in teaching physical education lessons to children.

What skills/qualities do you need to do your job?

Most importantly you need to have an interest and love of sport/fitness as it is important to show children you are passionate and enthusiastic about the things you are trying to teach them. It is essential that you are flexible and able to change your plans at late notice as often lessons may not go as you initially planned! You need to be creative to ensure that the sessions you teach are fresh and exciting and don't get boring for children. Finally you need to be very energetic, patient and confident.

What do you enjoy most about your job?

I am doing a job I love and am able to see the children that I teach progressing and getting better as well as keeping fit and healthy. I feel like I am making a positive difference to children's lives. The job is never boring and I am constantly learning new things.

What advice would you give to someone looking for a career in the health and fitness industry?

For me the job is a way of life and I am always thinking about ways in which I can improve the sessions that I run. It is important that you stay fit and healthy and look after yourself, the children look up to you and so you need to set a positive example to them. I would also recommend that you do as much research as possible, gain relevant experience and also observe others.

Would you recommend CYQ qualifications to others?

Yes the course has certainly improved my knowledge of the area and has taught me a variety of ideas and approaches. Also the qualification is very well recognised and respected around the world.