

An increasing value is being placed upon physical fitness within our society. Consequently, Americans are engaging in more physical fitness programs, joining athletic clubs, and being encouraged to participate in physical education and activity at all ages. Sports and physical training instructors, coaches and teachers help participants learn about and improve their physical fitness and athletic skills.

Fitness Trainers help clients assess their level of physical fitness and help them set and reach fitness goals. They also demonstrate various exercise activities and help clients improve their techniques. They may keep records of their clients' exercise sessions to analyze their progress towards physical fitness. **Personal Trainers** work with clients on a one-on-one basis in either a gym or the client's home. **Aerobics Instructors** conduct group exercise sessions that involve aerobic exercise, stretching, and muscle conditioning.

Recreation Leaders, who are responsible for a recreation program's daily operation, primarily organize and direct participants. They may lead and give instruction in dance, drama, crafts, games, and sports; schedule use of facilities; keep records of equipment use; and ensure that recreation facilities and equipment are used properly. Workers who provide instruction and coach groups in specialties such as art, music, drama, swimming, or tennis may be called **Activity Specialists**.

Sports Instructors teach professional and nonprofessional athletes on an individual basis. They organize, instruct, train, and lead athletes of indoor and outdoor sports such as bowling, tennis, golf, and swimming. Because activities are as diverse as weight lifting, gymnastics, scuba diving, and may include self-defense training such as karate, instructors tend to specialize in one or a few types of activities. Every elementary, middle, and high school needs qualified **Teachers** and coaches to run sports programs, design and implement plans for healthy living, and teach physical education.

Transfer Information:

- An Associate's or Bachelor's degree is entry-level into many of these professions and a Master's degree may be required for some. Those who want to teach physical education or health at public elementary, middle or secondary schools must have a teaching certificate in addition to a Bachelor's degree.

Additional Information:

- American Alliance for Health, Physical Education, Recreation & Dance: www.aahperd.org
- American Council on Exercise: www.acefitness.org
- PE/Health Teacher Central: www.pecentral.org

