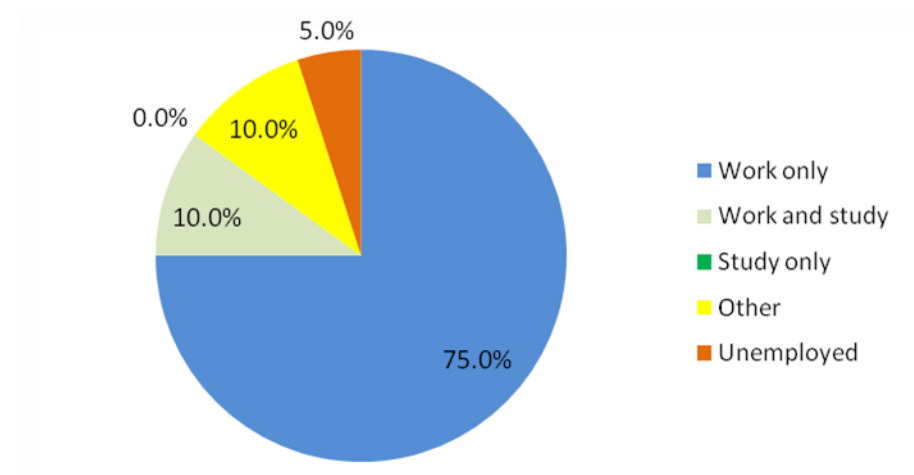


Career destinations

BSc (Hons) Fitness and Personal Training

Percentage of leavers in known destinations (2009)



Examples of employment obtained by leavers (2009)

Job title	Employer
Fitness Instructor	LA Fitness
Gym Consultant	Esporta Health Club
Health and Fitness Consultant	Valley Leisure
PE Technician	Toynbee School
Personal Trainer	David Lloyd Leisure
Rehabilitation Assistant	National Health Service
Sports Science and Fitness Intern	Solent University
Technical Instructor 3	National Health Service

Knowledge and skills

This degree meets the National Occupational Standards for Health and Fitness. As well as providing practical skills in managing training and exercise, graduates can expect to enhance their communication, organisational and problem solving skills throughout the course. Whilst most graduates chose to enter careers closely related to the course content, these skills can be used in more general graduate roles in business, marketing and retail for example.

Career opportunities

The majority of the students graduating in 2009 entered personal training and fitness related roles, some being employed by private companies and local government, whilst others chose to set up their own businesses. Other destinations, for example those in the NHS, reflect the opportunities for students to gain specialist skills working with clients who have been referred for medical reasons. Graduates can enhance the industry related experience they will gain on this degree, by participating in additional activities such as sport, membership of societies, voluntary experience and relevant work experience.