

Career destinations

BA(Hons) Fitness Management and Personal Training

Percentage of leavers in known destinations (2009)

The first students to complete this course will be in 2013, surveys of graduates from this course will therefore begin then.

An insight into the sorts of options available to students at the end of this course can be gained by looking at destinations of leavers from similar courses. Follow the links below to view the destinations of students graduating from:

- BSC (Hons) Fitness and Personal Training

Knowledge and skills

Graduates from this degree gain the skills and knowledge needed to design exercise and activity programmes for a wide range of clients, as well as learning business and management knowledge useful in the health and fitness industry. Graduates develop skills in communication, research, and team working. Depending on options selected, graduates can also develop skills and experiences in event organisation, marketing, and project management.

Professional accreditation

Students will gain entry to the Register of Exercise Professionals (REP), which assures employers that you have the skills and competencies to work as a fitness trainer.

Career opportunities

Graduates can consider careers in the fitness and leisure industries, as personal trainers or gym instructors. The business skills learnt on this course will also enable graduates to consider a wider range of roles, for example technical or administrative posts in leisure centres or with local authorities. With experience, graduates could also opt to set up on their own as instructors, or they could run sports camps or event management consultancies.

Graduates can enhance their industry related experience by participating in additional sports activities, or be gaining voluntary or additional work experience alongside their degree. There is a growing interest in health and fitness activities in the UK, fuelling the growth in the number of available jobs.