

### **Список літератури:**

1. Білоус В.І. Спортивно-педагогічне вдосконалення (Спортивні ігри). Частина I навчальний посібник для студентів фізичного виховання педагогічних університетів та інститутів. м. Кам'янець – Подільський, 1998. – 244 с.

2. Гандбол: Примерная программа спортивной подготовки для специализированных детско-юношеских школ олимпийского резерва (СДЮСШОР) и школ высшего спортивного мастерства (ШВСМ). – М.: Советский спорт, 2004. – 80 с

3. Данилов А.А., Гандбол: Навчальна програма для дитячо-юнацьких спортивних шкіл, спеціалізованих дитячо-юнацьких шкіл олімпійського резерву, шкіл вищої спортивної майстерності А.А. Данилов, О.Г. Кубраченко, С.Г. Кушнірюк, В.М. Маслов В.М. - К.: 2003.

*Flanagan A*

### **HOW TO BECOME A PERSONAL TRAINER IN THE UNITED KINGDOM**

**Annotation.** *In this article we try to give an idea of the process of becoming a Personal Trainer by focusing on the actual steps which a person has to take in order to be able to work in the United Kingdom (UK) as well as giving our own opinion on personal and professional characteristics that are important to possess for a professional in this field.*

Nowadays more and more people understand the importance of regular exercising in order to be fit and healthy. And to get started in this fitness journey is not always straightforward, especially, for those with no or very little fitness background or different health issues. This is when a Personal Trainer's help is much needed as it is their job to help different people to achieve their health and fitness goals.

The career of a personal Trainer (PT) in the UK is interesting and rewarding, especially now, when the fitness industry is experiencing a healthy boost. It doesn't require a degree, but it is essential to have recognised qualifications. The qualification structure in the UK is fairly straightforward. Personal Trainer's certification should be fully recognised by REPs (Register of Exercise Professionals) and by NRPT (National Register of

Personal Trainers) and endorsed by an independent awarding body. These organisations set the bar for industry standards and help to regulate the level and quality of education that is provided in the personal training industry by academic institutions[1, 2].

The starting point of most personal trainers is a qualification which allows them to work in a gym as gym instructors. It is called Level 2 Gym Instructor Qualification. To complete this course takes 8 days (if you are studying full time) and it will take around 6 weeks to get this qualification if you do it part time. To obtain a Personal Trainer qualification in the UK you need to get a Level 3 Personal Trainer Qualification which can take anything from 3+ weeks (full-time) to 5-6 months (part-time) studying.

If you come to the UK with a qualification you have obtained in another European country you could get it recognised and be able to work here in the UK. There is an independent institution called European Register of Exercise Professionals (EREPS), which assures and recognises that exercise professionals' qualifications meet international standards. Once you get recognised by the EREPS, you can get recognition by REPs.

After you get your qualification and become a PT, you must obtain a First Aid Certificate, known as Emergency First Aid at Work, which teaches Personal Trainers how to perform basic first aid. This certificate needs to be renewed every three years.

One of the most important things to get before a Personal Trainer starts working with clients is Personal Trainer Insurance, which is not technically a legal requirement to have, but no-one should be working as a Personal Trainer without it. Every personal trainer needs insurance to protect themselves financially from any compensation claims that could be made against them.

There are lots of personal and professional skills which are important for a Personal Trainer to possess. One of the most important, in my opinion, is being passionate about health and fitness and enjoying helping other people getting fitter, stronger and healthier. A Personal Trainer who loves a healthy and fit life himself will be able to motivate his clients through his energy and enthusiasm[3]. As the fitness industry is developing very quickly it is important to keep up with it to be a real expert in what you are doing. A Personal Trainer has to be open minded and possess a desire to keep learning to be able to give his clients the very best possible advice in fitness and nutrition. Being a Personal Trainer means working with the clients one-to-one which requires effective communication skills, to be able to listen to your clients' needs,

being sensitive and empathetic, at the same time challenging when appropriate.

When you work with people it is important to understand that everyone is different, with different health and fitness backgrounds, with different personalities and goals. That is why it is so important for a PT to be flexible and know when to push or take it easier. We are all very different and if something works for one person it might not necessarily work for another one. That is why a PT should be ready to completely change his pre-planned session to suit each client's individual needs and abilities.

There are so many pros and cons of being a personal trainer. Yes, it is hard work and it is very competitive, but it is your own business (unless you choose to work in a gym and be employed) and it gives you this freedom of being able to be your own boss and work as many hours as you want or are able to. It can be true that it doesn't give you much financial stability as the amount of clients you have can vary from month to month but from the other side, it is very rewarding as there is nothing more satisfying than helping other human beings to get fitter and healthier.

If you choose to become a PT you will never get bored, because no two days are the same. Each client every day brings you a new challenge. Each client's success is your own success and it is really fulfilling.

**References:**

1. <https://www.cimspa.co.uk/quals>
2. <https://www.exerciseregister.org/>
3. <https://nrpt.co.uk/become/introduction/index.htm>

*Клапач О.І.<sup>1</sup> Гуль О.С.<sup>2</sup>*

**ОЦІНКА ФІЗИЧНОГО РОЗВИТКУ СТУДЕНТОК  
ПЕРШОГО КУРСУ ТЕРНОПІЛЬСЬКОГО НАЦІОНАЛЬНОГО  
ПЕДАГОГІЧНОГО УНІВЕРСИТЕТУ**

<sup>1</sup> *Тернопільський кооперативний торговельно-економічний коледж*

<sup>2</sup> *Тернопільський національний педагогічний університет  
ім. В.Гнатюка*

**Анотація.** У статті подано результати дослідження фізичного розвитку студенток першого курсу ТНПУ. Оцінка рівня фізичного розвитку проводилася за показниками довжини