

PERSONAL TRAINERS CHARACTERISTICS IN EGYPT

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Abstract

Objective. Recently, there has been a growing turnout of many to work as personal trainers because of many psychological and social benefits as well as increased income. In Egypt, the field of physical fitness is witnessing a remarkable development in recent times and has increased the turnout of many on the personal training profession. The aim of the research is to identify the characteristics of the trainers in Egypt and the reasons for their desire to practice personal training and whether they have a license to work and what are the scientific qualifications and certificates obtained by these trainers.

Methods. The researcher designed an electronic form using Google Form was sent to 220 and filled with 133 personal trainers 65.41% males and 34.59% females and the largest proportion of trainers 55.64% aged 20 to 25 years.

Results. Results shows that 57.14% of the research sample working without license and 9.77% of the trainers do not have any certificates, while 49.62% have local certificates and 40.60% have international certificates, 36.84% of the personal trainers were graduates of faculties of Sports Education, helping people to achieve their goals is the most motivating reason for coaches to work in that profession.

Conclusion. One of the most important conclusions is the need to establish a supervisory system in Egypt for personal trainers to ensure that they have the necessary qualifications to work.

Keywords: Personal Trainer – Fitness Industry, Egypt.

Introduction

In recent decades, physical activity and sport have been developing a deep structural and differentiation change with the appearance of new physical-sporting models derived from the diversification and de-institutionalization, the extension of the grounds for sports practice and the flight of the federated, rigid and disciplinary.

One of the areas of physical activity and sport that is booming currently it is personal training, in which, in the last years, there has been an increase of the different graduates in activity Physics and sport at work (I. Antonio Campos, et al. 2013).

Higher Sports Council (2000) affirm that physical activity and sport is a source of employment juvenile and feminine. Specifically, personal training is being becoming an important area of professional performance and generator of new jobs in sports.

The personal trainer is a qualified professional who teaches and trains clients, in an individual situation, in carrying out exercises appropriate and safe, with the aim of increasing their physical fitness and in general their health. It is also a professional that is dedicated to individualized training for people who need to improve their general or specific physical condition, to achieve goals ranging from health to high performance.

However, these objectives are not could reach if the person who directs, designs, plans, develops or evaluates is not competent and qualified with the corresponding degree. (I. Antonio Campos, et al. 2013).

Currently, in Egypt the preliminary draft of the Law is being carried out for the Regulation of the Exercise of Sports Professions, which are: Sports Director, Sports Coach, Sports Monitor and Education Teacher Physical

Personal trainer is one of the most important professions in the fitness industry. It is training for one person so that the trainer designs a program specifically for the client according to the client's goals. The requirements of the personal trainer function are represented in Initial client consultation, fitness and health assessment, design programs, training, tracking progress and revise the program to reach the goals. (F. Fontana et al. 2018; M. George 2016; A. De Lyon et al. 2017; S. McClaran 2003; Woolf 2008)

There are many important specifications that must be available in the good personal trainer such as communication skills and social skills and marketing in various forms but the most important specifications and the first steps is the study as there are many important sciences that must be taught by the trainers such as anatomy, physiology, nutrition, kinesiology and sports training science. The average hourly wage for Personal Trainer was 30 US Dollar and in 2016 the Department of Labor Reported in United State indicate that the annual

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income for personal trainer and fitness instructors reached 38.160 US Dollar. The personal trainer profession expected to grow by 13 percent between 2012 and 2022 (Bureau of Labor Statistics, 2016)www.bls.gov . Perhaps the income of the main reasons that push many to enter the profession but there are other reasons such as flexible working hours and a healthy and positive work environment, but the important reasons is help clients improve their lives through exercise and nutrition programs.(D. Hutson 2013; J. Maguire 2008; I. Melton, et al.2009)

This research examines the profession of personal training in Egypt during an analytical study to identify the characteristics of workers in personal training in Egypt in terms of their average age, Gender, percentage of those who obtained a license to practice the profession from the Egyptian Syndicate of Sports Professions, their qualifications and reasons for practicing the profession

Methods

Experimental Design

Researcher design online questionnaire divided to three parts. First part contains the personal information such as name, age and gender, the second part contains a set of questions related to certificates, qualifications and the license to become a coach, the last part of the form contains questions about the reasons for working as a personal trainer as follows: 1 gain social appreciation and get to know new people constantly 2 helping people to achieve their goals 3 Interesting work and a positive working environment 4 Increase income and helping to live.

Experimental Procedures

The questionnaire was send to 220 and filled with 133 personal trainersand table 1 shows the age and gender of the personal trainers. The questionnaire was designed online using the Google Forms application for ease of circulation and data collection through Facebook and whatsapp application, the researcher conducted statistical analyzes using the SPSS program.

Table 1. Personal trainers – research sample age and gender

41 : 45 years		35 : 40 years		31 : 35 years		26 : 30 years		20 : 25 years		Age
4		14		15		26		74		
F	M	F	M	F	M	F	M	F	M	Gender
-	4	3	11	6	9	11	15	26	48	

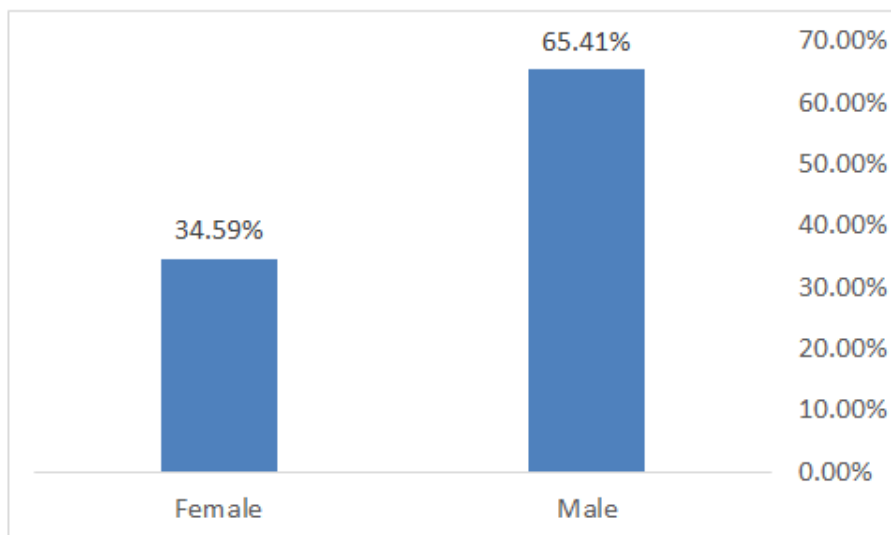


Figure 1. Percentage of male and female personal trainers

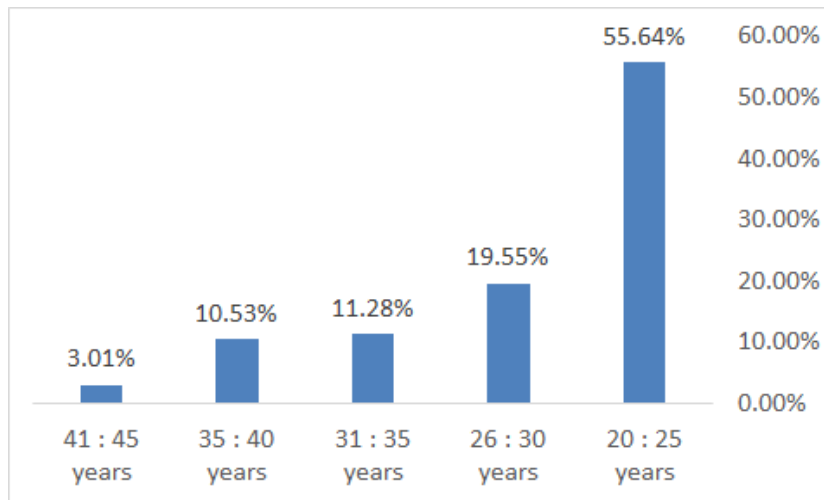


Figure 2. Percentage of personal trainers' ages

Results

Authorization to practice the profession

Figure 3 shows that 76 (57.14%) of the research samples don't have a license from the Egyptian Syndicate of Sports Professions to become a fitness coach and only 57 have a license (42.86%).

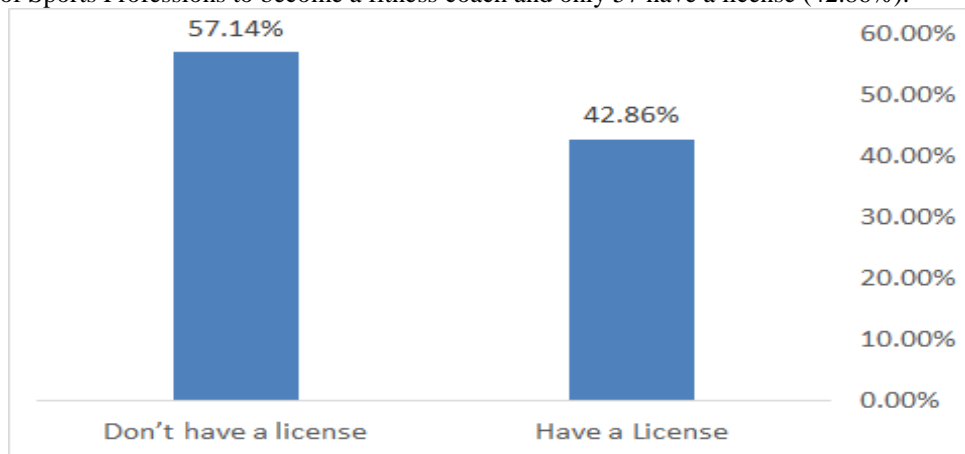


Figure 3. Percentage of personal trainers who have a license to work as a coach

Certifications

The results show that 9.77% of the trainers do not have any certificates, while 49.62% have local certificates and 40.60% have international certificates. Figure 4.

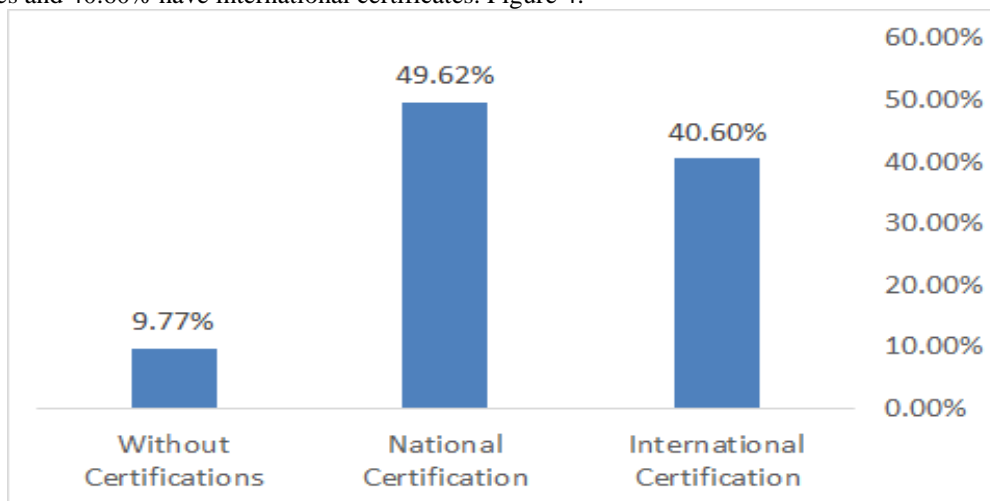


Figure 4. Percentage of personal trainers Certifications

Educational qualifications

Figure 5 shows the Percentage of personal trainer's Educational qualifications where 36.84 of the personal trainers were graduates of faculties of Sports Education in total 49 trainers.

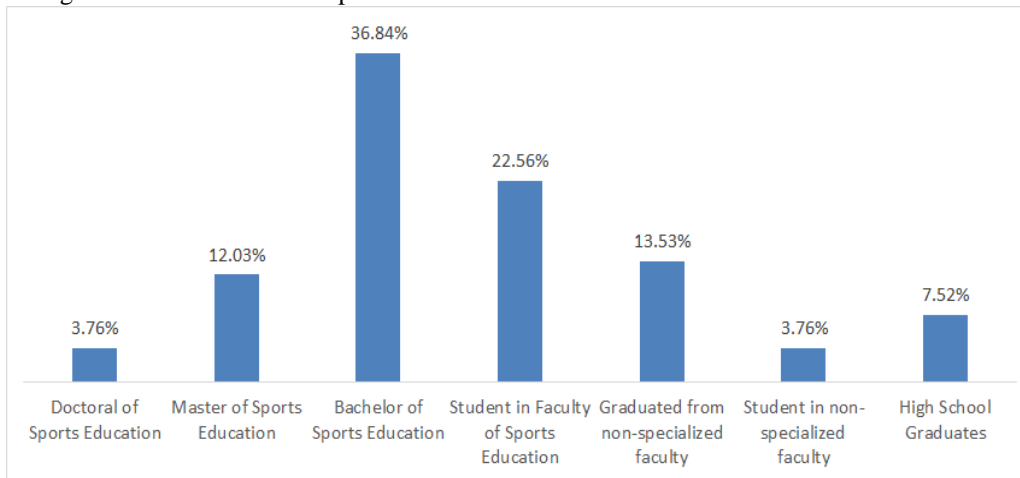


Figure 5 Percentage of personal trainer's Educational qualifications
 Table 2 questionnaire part 3 the (Reasons to become a personal trainer?)

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
-	-	12.03 %	32.33 %	55.63 %	Gain social appreciation and get to know new people constantly
-	1.50 %	-	12.03 %	86.46 %	Helping people to achieve their goals
-	-	9.02 %	24.06 %	66.91 %	Interesting work and a positive working environment
-	-	6.01 %	9.02 %	84.96 %	Always keep fit and a healthy working environment
-	-	6.01 %	50.37 %	43.60 %	Increase income and helping to live

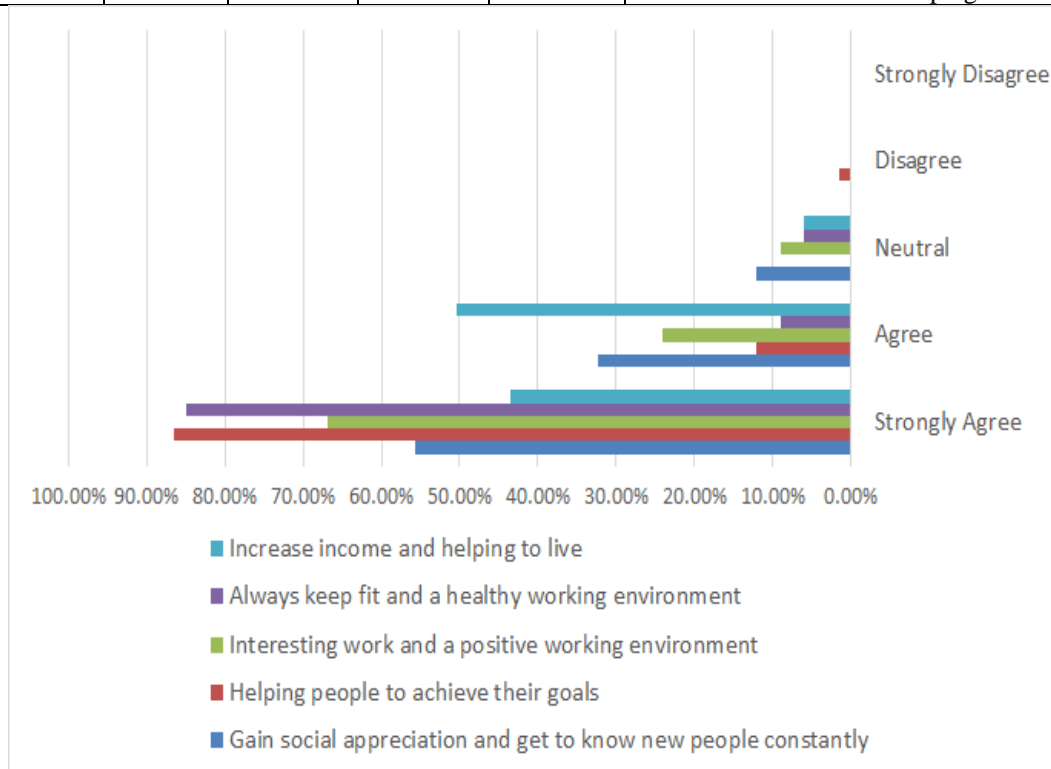


Figure 6. questionnaire part 3 the (Reasons to become a personal trainer?)

Results of the trainers' response in Part 3 on the reasons for working in personal training Illustrated by table 2 and figure 5.

Discussions:

The results indicate that more than 50% of the research sample work without authorization from the official authority that grants the license to work in the training profession (Egyptian Syndicate of Sports Professions). The researcher attributed the reason to the two main factors, the first is the weakness of the services provided by the union to trainers, in addition to the lack of technical and scientific control on the personnel in the field of personal training and thus has a negative impact expected on some clients.

By analyzing the sample of the research and their qualifications, we find that 100 of the 133 trainers belong to one of the specialized colleges, whether they are students or graduates or have a master's degree or doctorate and the large proportion of 49 trainers who have a bachelor's degree. This is necessarily beneficial to the training process as the trainer should study many important topics to become a good personal trainer such as anatomy, physiology, psychology, sports training, and many other sciences related to sports training, this is what the student of physical education study intensively even if the method of study is different from the practical reality, but in the end is better than not studied. On the other hand, the number of trainers who have a bachelor's degree from another college but prefer to work in the field of physical fitness should be considered differently. This raises many questions that must be taken into consideration for why those who have obtained degrees from different colleges work in this field.

As for the different certificates obtained by the trainers, it is clear that there are 120 trainers out of a total of 130 trainers who have obtained international or national certificates in Egypt. There are 13 trainers who have no certificates. According to the American College of Sports Medicine ACSM Top Fitness Trends annual survey, educated, certified, and experienced fitness professionals always occupy one of the top 10 trends in the last 4 years (W. Thompson 2017). On the other hand, the courses and certificates are an important basis for fitness trainers because they often represent the practical reality and the professional courses are the latest in the field of physical fitness in practice, which is important for graduates and students of specialized Faculties and therefore is very important to non-members of these Faculties. (GD. Delforge and RS. Behnke 1999; D. Nalbone et al., 2002)

As for the results of Table No. (2) of the opinion of the trainers on the reasons for practicing the personal training profession, it is clear from the

results that all the reasons have obtained a higher percentage of approval, except for the increase income and helping to live where it got 58 Strongly Agree and 67 Agree and 8 Neutral. This indicates the importance of this profession in that it provides a decent life and increases income but not as much as the trainers are working in that profession to help people achieve their goals and gain social appreciation and a positive and healthy work environment.

These results constant with (I. Antonio Campos, et al. 2013) which indicated that the gender of the people who work in training staff, it is obtained that the majority (65.4%) are men while women represent 34.4%. In relation to age, more than half of the people who work in personal training in the Valencian Community (56.3%) are under 30 years and more than a third (36%) have an age understood between 30 and 44 years old. By relating gender and age, we get that women are more

younger than men, since the majority (61.7%) of women are under 30 years, between 30 and 44 years old represent 38.3% and there is no woman over 44 years old, while men under 30 years represent 50%, between 30 and 44 years 42.5% and older than 44 years 7.5%. A moderate relationship is obtained ($\Phi = .328$) but not significant. When describing the entire spectrum of initial training (considering only the qualification of physical activity and sport of higher level than owns the person), it is obtained that the majority (57.3%) of the people who work in personal training does not possess any of the different of physical activity and sport degrees. Within the percentage of graduates in physical activity and sport, the 14.8% have a degree in Physical Activity and Sports Sciences, 13.1% Sports Technicians (monitors or trainers in a sport specific), 6.6% Specialist teachers in Physical Education, the 6.6% Superior Technicians in Animation of Physical Activities and Sports and 1.6% are Technicians in Driving Activities Physical-sports in the Natural Environment. When analyzing the permanent formation of these people brought to in the last four years, it has been obtained that the majority (65.6%) conducted training courses or postgraduate courses, while only the 24.6% have attended conferences or congresses.

Conclusions

The necessity of activating the role of supervising the trainers through the Syndicate of Sports Professions to ensure that all employees in the field of personal training must have a license to practice the profession and educate the fitness



customers to confirm the license and qualifications of the personal trainer in order to maintain their health and not be exposed to any negative effects as a result of training Wrong at the hands of non-specialists such as excessive over training.

The necessity of developing the curricula of the faculties of physical education and linking the academic aspect with what is happening in the labor market and educating the graduates about the importance of the personal trainer's profession, the job opportunities and its advantages.

Paying attention to educating the workers in the field of personal training and rehabilitating them with new things and putting real supervision from the unions and specialized colleges on the training courses held by some and the extent of benefit of the student.

Acknowledgments

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