



## Proposal Argument Essay

Licensing for personal trainers: legitimizing the profession. "In its present form, personal training only dates back a few decades, yet it is among the fastest growing professions in the U. S. " (Holt). In the 80's and 90's personal trainers were predominantly heavy lifters who looked like they could soon compete in a bodybuilding contest. The muscular physique automatically qualified each of them as "guru" in the fitness world and helped quickly build a clientele.

Towards the late-90's, the situation started to change: gyms became less and less of an intimidating environment for a wide category of people with no desire to become "huge. " Personal trainers of a new generation expanded their specialization to weight loss, cardio vascular health, toning and general fitness which made training itself more accessible for all age groups, people with different skill levels and special requirements. As a result, the trainer's job today has become very complex and goes much farther instructions during a workout session.

It can't be successfully performed without a strong knowledge of anatomy, kinesiology, program development and even psychology. You will assume that someone who guides and assists you in developing health and fitness must be a specialist in this area of knowledge. Of course! But do you know that one can become "a certified personal trainer" by taking an online test for less than 100 dollars? It's true! Competence and skill level of many trainers you see at health clubs and gyms is low and they are surely not worth the money spent.

Moreover, your health is under potential risk! The solution to this problem can be achieved through a required licensing of personal trainers just like other health/medical professionals. This would benefit both the public and the personal training profession. As a fitness trainer for over seven years, I truly believe that our industry desperately needs more regulations. My background in gymnastics in addition to two certifications from Wellness Academy (Russia) and International Sports Science Association (USA) surely give me a big advantage over someone who spent \$69.95 and a couple weeks learning "all the nitty-gritty of personal training" to obtain so called ExpertRating Online Certification (Personal Training Certification).

So you may think: the less my competitors know the better my services look in comparison with their. No, it's not that easy! I would rather have a strong competition than constantly disprove common opinion about personal trainers as people with weak knowledge base who flirt with clients, bark orders and very often behave unprofessionally.

A few times I trained people who had bad experience with a trainer in the past and it felt like I had to break the wall of apprehension and distrust before they took me seriously. Not only I had to defend myself in some ways but there were also financial consequences whe

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**Xiaolong Qi**



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