Entry requirements (health trainer)

Find out more about what you need to work as a health trainer.

The nationally recognised training for health trainers has until recently been the City and Guilds level 3 Certificate for Health Trainers. However, this is no longer offered.

A new qualification is currently under development by the Royal Society for Public Health and is expected to be available in 2019.

If you are applying for training as a health trainer, please check with your employer about training costs and who is responsible for paying these costs.

You may be able to train without any previous qualifications - check with the employer.
Each post will have slightly different entry requirements so it’s important to check the person specification for the role. Typically applicants will bring previous relevant experience of working in a paid or voluntary capacity with residents or community groups or both.

It can be an advantage to have experience or qualifications (or both) in areas such as nutrition, weight management, understanding and encouraging healthy lifestyles, instructing on exercise or using a gym.

Some posts may require the ability to speak in specific languages.

**Partner logos**

[Local Government Association](http://www.local.gov.uk/)

[RSPPH](https://www.rsph.org.uk/)

**Source URL:** https://www.healthcareers.nhs.uk/explore-roles/public-health/roles-public-health/health-trainer/entry-requirements-health-trainer

**Links**

[1] [http://www.local.gov.uk/](http://www.local.gov.uk/)
[2] [https://www.rsph.org.uk/](https://www.rsph.org.uk/)