

Entry requirements (health trainer)

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

The Royal Society for Public Health (RSPH) offers relevant qualifications at different levels including the RSPH Level 2 Award in Improving the Public's Health and the Level 3 Diploma in Health and Wellbeing Improvement - Supporting behaviour change in professional practice. You can find out more on the [RSPH website](#) ^[1].

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.

Health trainer with client

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 ^[2]

Royal Society for Public Health ^[3]

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

Links

[1] <https://www.rsph.org.uk/qualifications/learners/find-a-qualification.html> [2] <http://www.local.gov.uk/> [3] <https://www.rsph.org.uk/>