

Maths Skill: "Use of ratios and proportions"

Used in the workplace at the Pulse, a leisure centre in Dursley



Matt Brisland, Senior Rec Officer

"Personal trainers and gym instructors here at the Pulse need to understand how to use ratios and proportions. We provide personal fitness programmes and gym inductions for many of our clients, so we need to be able to understand calculations such as body-to-fat ratios. This is calculated electronically and tells us and our clients what proportion of their weight is made up of body fat. We use this ratio as a guide for setting healthy and realistic goals for our clients.

Gym instructors might also use interval training to help clients achieve a targeted result. To do this they work out the ratio of work and rest required to achieve their goals – for example a ratio of 1:1 might mean 30 seconds of work followed by 30 seconds of rest. Having an understanding of ratios and proportions helps instructors to design and explain a fitness or personal programme that's specifically tailored to the individual."

About the Pulse

The Pulse is a Stroud District Council operated fitness and leisure centre, based in Dursley, Gloucestershire. The gym has a well-equipped fitness suite with cardio machines, resistance training machines and a free weights area, as well as a team of fitness instructors. The studios offer a variety of fitness classes designed to suit all ages and abilities. The swimming pool offers swimming lessons, classes and public swimming activities for the local community.

Who do The Pulse Employ?

Currently 50-60 members of staff, including casual staff:

- General Manager and Duty Managers
- Swimming teachers
- Freelance Instructors (specialist classes)
- Lifeguards
- Fitness Instructors
- Receptionists

Range of Salaries: Stroud District Council pay scales 1-7, ranging from c£9.00 per hour up to £23.00 per hour. Salaries vary depending on location and level of responsibility.

Skills Shortages: The Pulse regularly have vacancies for lifeguards and swimming teachers. They look for people with excellent teamwork and communication skills, as well as a willingness to work alone and take responsibilities. This isn't always easy to find.

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