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करियर मार्गदर्शन पोर्टल • Career Guidance Portal

"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट • CAREER SHEET

कोच / प्रशिक्षक

Training players and people to build sporting skill and fitness. This covers sports coaching (NIS/NSNIS diploma) and gym/personal fitness training.



Scan for everything on this career

Salary, exams, colleges, the routes in and the steps after — all on the portal.

career.gsssjethantri.in/#/career/coach-trainer

राजकीय उच्च माध्यमिक विद्यालय, जेठन्तरी

Govt. Sr. Sec. School, Jethantri • ब्लॉक समदड़ी • बालोतरा (Block Samdari • Balotra)

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Principal, GSSS Jethantri • Master Trainer



श्री चेनाराम चौधरी

प्रधानाचार्य, डाइट बाड़मेर
Principal, DIET Barmer



श्रीमती संघमित्रा

वरिष्ठ व्याख्याता, डाइट बाड़मेर (सहयोग)
Sr. Lecturer, DIET Barmer (Support)



भरत चौधरी

अभिकल्पना व विकास • व्याख्याता (इतिहास)
Designed & developed • Lecturer (History)

विशेष धन्यवाद • SPECIAL THANKS



सुरेन्द्र सिंह राठौड़

व्याख्याता (इतिहास) • रा.उ.मा.वि. कानाना



सुरेश कुमार सैन

व्याख्याता (भूगोल) • रा.उ.मा.वि. रामसीन मूंगड़ा



वनिता कुमारी

व्याख्याता (इतिहास) • रा.उ.मा.वि. रामसीन मूंगड़ा



कमलेश चौधरी

व्याख्याता (राजनीति विज्ञान) • रा.उ.मा.वि. टापरा

करियर मार्गदर्शन कार्यशाला, डाइट बाड़मेर (14-17 जुलाई 2026) में विकसित व लोकार्पित
Developed & unveiled at the Career Guidance Workshop, DIET Barmer (14-17 July 2026)

यह एक स्वतंत्र परियोजना है, जो सरकार की आधिकारिक करियर-मार्गदर्शन सामग्री पर आधारित है। • An independent project based on the Government's official career-guidance content.

1 About this career

Training players and people to build sporting skill and fitness. This covers sports coaching (NIS/NSNIS diploma) and gym/personal fitness training.

2 At a glance

Entry level	Class 12 + sports record or graduation
Key route	B.P.Ed / NSNIS diploma / fitness cert
Starting pay	Rs 15,000-28,000/month
Workplace	Schools, academies, gyms, stadiums

3 What you need

INTERESTS

- Sports and physical activity
- Health and fitness
- Teaching and motivating people

ABILITIES

- Physical stamina and discipline
- Communication and leadership
- Observing and correcting performance

KEY SKILLS

- Sport technique and rules knowledge
- Designing training plans
- Motivation and mental preparation
- Exercise physiology and strength training
- Nutrition and injury prevention
- Tracking progress and record keeping

4 How to get there

- 1 After Class 12, do B.P.Ed (physical education degree)

- 2 Build a national/international level sports record
- 3 Take the sports coaching diploma from SAI's NSNIS Patiala
- 4 For gym training, take a fitness cert like ACE/K11
- 5 Advance with M.P.Ed or specialisation
- 6 Build experience and clients at an academy, school or gym

MAIN EXAMS

- Rajasthan B.P.Ed entrance test (university-level)
- Physical efficiency and selection test for NSNIS diploma

5 Where to study

GOVERNMENT INSTITUTES

- University of Rajasthan (B.P.Ed/M.P.Ed) — Jaipur, Rajasthan (<https://collegedunia.com/university/25853-uniraj-university-of-rajasthan-jaipur/bachelor-of-physical-education-bped-214>)
- Netaji Subhas National Institute of Sports (NSNIS) — Patiala, Punjab (<https://nsnis.org/academic-courses/diploma-in-sports-coaching/>)
- Government Physical Education Colleges — Rajasthan (various districts)

PRIVATE INSTITUTES

- Biyani Group of Colleges (B.P.Ed) — Jaipur, Rajasthan (<https://www.biyanicolleges.org/course/bped-college-in-jaipur/>)
- K11 School of Fitness Sciences — Pan-India (centres/online)

ONLINE

- ACE Personal Trainer Certification (India) — Online (<https://www.fitnessmatters.org/ace-fitness-certification-in-india-2026-complete-guide/>)

FEES

Government B.P.Ed roughly Rs 20,000-60,000/year; NSNIS coaching diploma about Rs 63,800; fitness certs about Rs 30,000-1,00,000.

SCHOLARSHIPS

- Khelo India Scholarship (SAI) (<https://kheloindia.gov.in/>)
- National Scholarship Portal (<https://scholarships.gov.in/>)

6 What the work is like

WHERE YOU WORK

Schools and colleges, sports academies, SAI centres, stadiums, gyms and fitness studios.

WORK CULTURE

Early-morning and evening shifts, physically active on ground/gym, busy in competition season.

WHO HIRES

- Government and private schools
- Sports academies and clubs
- Fitness studios and hotel spas
- Sports Authority of India (SAI)
- Gym chains (Gold's Gym, Cult, etc.)
- Self-employed personal trainers

DEMAND (2026)

Rising fitness and sports awareness is driving strong demand; cities need personal trainers and schools need coaches.

7 Career growth

- 1 Assistant coach / junior trainer
- 2 Coach / certified personal trainer
- 3 Senior coach / head trainer
- 4 Chief/national coach or own studio

EARNINGS

Starting	₹15,000–28,000/माह
Mid level	₹30,000–50,000/माह
Senior level	₹50,000–1,00,000+/माह

School coach pay is steady but capped; personal trainer commissions and elite/celebrity coaches can earn the most.

8 The good parts · The challenges

The good parts

- Active, healthy lifestyle tied to sport
- Satisfaction of changing others' lives
- Good earnings and self-employment with experience

The challenges

- Irregular hours and physical fatigue
- Low, uncertain pay at the start
- Pressure of results and performance

9 Real-life journeys

Priya Singh

Rajasthan's first female bodybuilder and gym trainer

Bikaner's Priya Singh moved from a gym job into bodybuilding and, as a mother of two, won gold in Thailand in 2022. She now trains young women in fitness.

myKhel · <https://www.mykhel.com/more-sports/priya-singh-rajasthan-s-first-female-bodybuilder-a-mother-of-two-is-breaking-stereotypes-205264.html>

Rajesh Kumar

Athletics coach (NIS Patiala trained)

Rohtak's Rajesh Kumar has coached youngsters free of charge for 21 years. His roughly 2,500 athletes have won 140+ national medals and eight have represented India.

ETV Bharat · <https://www.etvbharat.com/en/offbeat/rohtaks-dronacharya-rajesh-kumar-who-built-champions-without-charging-a-rupee-enn26060501675>

10 Sources & further reading

1. NSNIS Patiala coaching diploma — <https://nsnis.org/academic-courses/diploma-in-sports-coaching/>

2. Rajasthan B.P.Ed admission info — <https://collegedunia.com/courses/bachelor-of-physical-education-bped/rajasthan-bped-admission>
3. Personal trainer salary in India 2026 — <https://www.fitnessmatters.org/personal-trainer-salary-in-india-2026-how-much-you-can-earn-after-certification/>
4. ACE fitness certification guide 2026 — <https://www.fitnessmatters.org/ace-fitness-certification-in-india-2026-complete-guide/>

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