



Certified Personal Trainer

Accredited by National Council on Strength and Fitness (NCSF)



CERTIFIED PERSONAL TRAINER includes topics in anatomy, physiology, kinesiology, injury prevention, supplementation and nutrition, and all aspects of weight and strength training. During the second year, students will learn more advanced training techniques and expand their knowledge in designing a creative workout program for a variety of clientele. Students will complete an internship at an approved Fitness Facility where they will have the opportunity to apply their education in a career setting. At the conclusion of this course, students will be prepared to take the National Council on Strength and Fitness (NCSF) Exam for field certification.

Work Environment

Personal Trainers typically work in a variety of settings including gyms, health clubs, hospitals, universities, schools, yoga and Pilates studios, wellness centers, sports performance centers, resorts and clients' homes. Personal Trainers work with clients on a one-to-one basis or in small groups. The environment in which a Personal Trainer works tends to be indoors. Many jobs are part time and fitness workers often supplement their income by working at several different facilities or clients' homes. Night and weekend hours are common.

Career Opportunities

Business Owner
Certified Personal Trainer
Fitness Director
Fitness Worker
Group Exercise Instructor
Supervisor

Advanced Standing Available

Dowling College

Advanced Standing may be available to those who successfully complete this Tech course. See Articulation Agreements on page 41.

Employment Outlook

Opportunities in the field of fitness are expected to be good and employment is expected to be better than average. More businesses and individuals are recognizing the value of

health and fitness programs. Clients are looking for knowledgeable trainers to motivate, educate and design safe and effective training programs to meet their health/fitness goals.

Starting Salary: Entry-level salaries for Personal Trainers can begin at \$20.00 per hour and up. Experienced Personal Trainers can make over \$100.00 per hour.

Student Supplies

1. Gym Bag
2. Gym Shorts
3. Polyester T-Shirt
4. Sneakers

Academic credits integrated:

See chart, page 26

Helpful Preparatory Courses

- Living Environment
- Health
- Physical Education

CTE Endorsement

In order to be granted the Technical Diploma endorsement, students must successfully meet the academic and attendance criteria for a two-year Wilson Tech Certificate of Completion, including Career and Financial Management (CFM), and pass the following national certification exam: National Council on Strength and Fitness (NCSF) - Personal Trainer.

Course Outline

- Aerobic/ Anaerobic Training
- Anatomy
- CPR/AED
- Health and Fitness
- Health Screening and Evaluation
- Nutrition/ Weight Management
- Exercise Physiology
- Program Design
- Proper Training Techniques
- Safety
- Special Populations
- Starting and Running a Personal Training Business
- Supplements

Consider these classes at Tech

- Early Childhood Education
- Medical Assisting
- Nurse Assisting/Prof. Health Careers
- Police Science & Law

All placements are based upon individual needs and approval from the district and parent/guardian.