



Personal Trainer

Job Description

Fitness trainers and instructors lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular exercises (exercises for the heart and blood circulation), strength training, and stretching. They work with people of all ages and skill levels.

Personal fitness trainers design and carry out workout routines specific to the needs of their clients. They may work with individual clients or teach group classes. In larger facilities, personal trainers often sell their training sessions to gym members. They start by evaluating their clients' current fitness level, personal goals, and skills. Then, they develop personalized training programs for their clients to follow, and they monitor the client's progress.

Employment Outlook

Employment of fitness trainers and instructors is projected to grow 10% from 2016 to 2026, about as fast as the average for all occupations. Earning potential for a Personal Trainer in the area is approximately \$44,670. As businesses, government, and insurance organizations continue to recognize the benefits of health and fitness programs for their employees, incentives to join gyms or other types of health clubs are expected to increase the need for fitness trainers and instructors.



Admission Requirements

Students must be 18 years of age and have a high school diploma or GED to enroll in this course. There are no physical requirements for the Personal Trainer Program. However, during the practical exam students are required to demonstrate learned techniques. If a student cannot demonstrate the physical techniques for their practical, they must be able to verbally cue and cover each detail.

Program Description

This challenging course is for candidates wanting LIVE instruction with in-depth, hands-on practical labs to master the essential career skills and knowledge. The course consists of 15 hours of lecture on key topics like biomechanics, exercise physiology, fitness testing, equipment usage, health assessment and 15 hours of hands-on practical training labs with role playing drills on assessing clients, programming, performing proper exercises, presentation skills and more.

Included in this course is a complete 200-page student workbook, access to online student study tools and test vouchers to take the Certified Personal Trainer exams. You can work right after passing the exams with proof of CPR/AED which awards you Level 1 Certified Personal Trainer credential. As a special bonus, you can take advantage of our 30-hour employer internship to get

our advanced Level 2 Certified Personal Trainer at no additional cost. Completion of the course lecture and practical training are required to receive a certificate.

Please be aware that students with previous convictions may find it difficult to secure employment within this field.

W.I.T.S. is an approved CEU provider for the American Occupational Therapy Association (AOTA), National Certification Board for Therapeutic Massage and Bodywork (NCBTMB), the International Association of Continuing Education and Training (IACET). The American Council on Education has recommended 3 undergraduate academic credits for this course.

This program is **CT SNAP** approved.

Time Commitment

This 2-month program includes 15 hours of classroom instruction and 15 hours of hands-on practical training labs with role playing drills on assessing clients, programming, performing proper exercises, presentation skills and more.

CRN: 3243/3244 HMED M7179

Dates: October 12 to November 9, 2019 (no class 11/16)

Day: Saturday

Times: 9:00 a.m. - 12:00 p.m. (at ACC) and 1:00 p.m. - 4:00 p.m. at Healthtrax

National Test Date: November 23

Fee: \$985 (includes textbook and U-Pass transportation fee)

Instructor: W.I.T.S Staff

Room: TBA

Payment Information

Total cost of this program is \$985 including textbook, U-Pass transportation fee and certification exam. Payment plans are available for this program. This program is CT SNAP approved.

Contact Information

For more information or to register please contact Jessica Poirier at 860.253.3066 or jpoirier@asnuntuck.edu.

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