



# Personal Trainer

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## 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

Earning potential for a Personal Trainer in the area is approximately \$40,510. 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

Turn your passion into a career. The W.I.T.S. online personal trainer course is a SELF-PACED program with short, impactful online videos with learning activities to be a successful personal trainer in the fitness industry. The lessons will help you with key core topics to learn how the body functions under the stresses of exercise. Learn exercise physiology, kinesiology, nutrition and more. The essential practical skills are packed with insightful mentored drills that you can duplicate to master the skill set. A bonus weekend is available to review these skills in-person on the 6th week. This course is loaded with practice quizzes, discussion boards and much more.

We have included incredible veteran fitness mentors to help your successful outcome. Our supplemental internship programs walk you into some great job opportunities. Your test vouchers for the NCCA Accreditation national exams are included and a must for employers.

Special Note: Successful completion of the course activities and online exam will get you a Certificate of Completion. Passing the national exams at your college will get you a Level 1 Certified Personal Trainer credential so you can work right away.

Included in this course is a complete 200-page student workbook, access to online student study tools and FREE test vouchers to take the Certified Personal Trainer exams. Students can work immediately after passing the exams with proof of CPR/AED which awards you Level 1 Certified Personal Trainer credential. As a special bonus, students can take advantage of our 30-hour employer internship to get our advanced Level 2 Certified Personal Trainer credential at no additional cost. Completion of the course lecture and practical training are required to receive a certificate of completion.

W.I.T.S. is NCCA Accredited organization for the Certified Personal Trainer. Also, The American Council on Education has recommended 3 undergraduate academic credits for this course. Both of these are unique to the fitness industry which gives you a big advantage with employers.

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

This program is **CT SNAP** approved.

### **Time Commitment**

This 6-week program is taught online AND includes a review and practical skill exam on-site at a local gym.

**CRN: 3257/3139 HMED M7179**

**Dates: October 8 to November 5, 2022**

**BYE study weekend: November 12, 2022**

**National Test Date: November 19, 2022**

**Fee: \$ 1089**

**Instructor: W.I.T.S. Staff**

**Instruction type: ONLINE (OLCR)**

**HYBRID:** This type of course delivery includes on-site and online instruction (combination of LRON and on ground or ONLINE and on ground) with a focus on scheduling limited number of class sessions on campus. Blackboard use is the same as online or LRON, depending on the mode of delivery.

**Payment Information**

Total cost of this program is \$1089 including textbook, gym lab 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 call at 860.253.3028 or email [jpoirier@asnuntuck.edu](mailto:jpoirier@asnuntuck.edu).

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