



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

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

Personal Trainer Certification Course - Hybrid (Virtual lectures + In-person practical skills lab).

Get all the information needed to start an exciting fitness career and become a Certified Personal Trainer. Turn your fitness passion into a profession with the ONLY IN-PERSON hands on practical skill labs in the industry. Our NCCA Accredited program is even approved for 3 college credits towards a degree. The scheduled virtual "LIVE" lectures are led by our 5-star teacher each week at a set time. Topics will cover 15 hours on anatomy, exercise physiology, kinesiology, biomechanics, nutrition and more. The in-person practical skill labs each week allow you to role-play and review essential "hands on skills" to master assessing clients, stretching, warm ups/cool downs, exercise analysis and programming design. The course includes the national test vouchers (\$450 value) and extra access to our online video enhanced CPT course to review lectures and labs at no extra cost! W.I.T.S. 30-hour optional employer internship (Level 2

Certification) helps walk you into jobs who very much value our unique certification. We are all about your success and the tools we give you will help you reach that goal.

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 Hybrid AND includes virtual lectures and in-person practical skills labs at a local gym. Within the 6 weeks, students should allow a moderate amount of study time as this program is science focused.

CRN: 1266/1267 HMED M7179

Days: Tuesday and Saturday

Dates: March 28 to May 6, 2023

Times: 6:30p.m. to 9:30p.m. (LRON) Tuesdays, one Saturday for in-person practical at the gym 12:00p.m.- 3:00p.m.

BYE study weekend: April 18 & 22, 2023 (no class this week)

National Test Date: May 9 & 13, 2023/ written exam 6:30p.m. - 8:30p.m.

Practical exam 12:00p.m. – 5:00p.m. Saturday at the gym location

Fee: \$ 1,089 (Cost includes textbook)

Instructor: W.I.T.S. Staff

Instruction type: HYBRID

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 \$1,089 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 860.253.3028 or email AS-continuinged@asnuntuck.edu

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tstjames@asnuntuck.edu, (860)-253-3011, Dawn Bryden, Title IX Deputy, dbryden@asnuntuck.edu, (860) 253-1273, Asnuntuck Community College, 170 Elm Street, Enfield, CT 06082.

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