



# Certified Personal Trainer

Recognized Provider of National Council on Strength & Fitness of Pre-Professional Curriculum



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 be provided with more advanced training techniques and expand their knowledge in designing a creative workout program for a variety of clientele.

## 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  
Strength & Conditioning Coach  
Supervisor

## Advanced Standing Available\*

Five Towns College  
Herkimer Community College

\*College credits may be earned by meeting the criteria of articulation agreements (see listing in Handbook) Tech has established with SELECT colleges. In addition, check directly with the post-secondary institutions for any additional credits they may offer.

## Academic Credits integrated:

Tech Math, Tech Phys Sci, Health, PE, CFM, Comp App

## Helpful Preparatory Courses

- Living Environment
- Health
- Physical Education

## CTE Endorsement

Students must successfully meet the academic and attendance criteria for a two-year Wilson Tech Certificate of Completion, be High School diploma eligible, and pass the following exam: National Council on Strength and Fitness - Pre-Professional Personal Trainer.

## Student Supplies

Additional supplies will need to be purchased for this program.

## Average Annual Wage

Salaries are subject to market fluctuations.

For the most current updates on local & national wages go to job search engines on the internet and [www.careerzone.ny.gov](http://www.careerzone.ny.gov)

## Course Outline

- Business Aspects
- Considerations for Special Populations
- Exercise Physiology
- Exercise Prescription and Programming Considerations
- Functional Anatomy and Training Instruction
- Health and Physical Fitness
- Nutrition
- Screening, Evaluation, and Professional Practice
- Training Instruction/Safety
- Weight Management
- Exercise Performance Library