

PERSONAL FITNESS TRAINER

STEP INTO YOUR FUTURE



ALAMO
COLLEGES

NORTHWEST VISTA COLLEGE
Workforce Education & Training

ABOUT THE PROGRAM

The Personal Fitness Trainer Program will prepare students for technical careers in the professional fitness industry. The program will provide students with training in personal and group fitness instruction. Students will possess the knowledge and technical skills to work as a Personal Fitness Trainer and Group Exercise Instructor. Appropriate preparation for these occupations is ensured by the curriculum design and instruction methods used in the fitness industry. Students will gain extensive practical experience in many areas, including fitness evaluation & testing, wellness, injury prevention, exercise activity design, and facility operations. Students will be prepared to take the National Academy of Sports Medicine (NASM) credentialing exam.



ADMISSIONS

We have an open door admissions policy to ensure that every person has the opportunity to get a college education.

TYPES OF AWARDS OFFERED

Associate of Applied Science (AAS)
Certificate

JOB OUTLOOK

Occupational profiles indicate a 22% growth for Fitness Trainers and Aerobics Instructors by the year 2022 in the Alamo Region.

Estimated average hourly wage is \$19.25* in the Alamo Region.

(Source: SOCRATES-Occupational Profiles-Alamo Region)

**Note: Variations should be expected.*



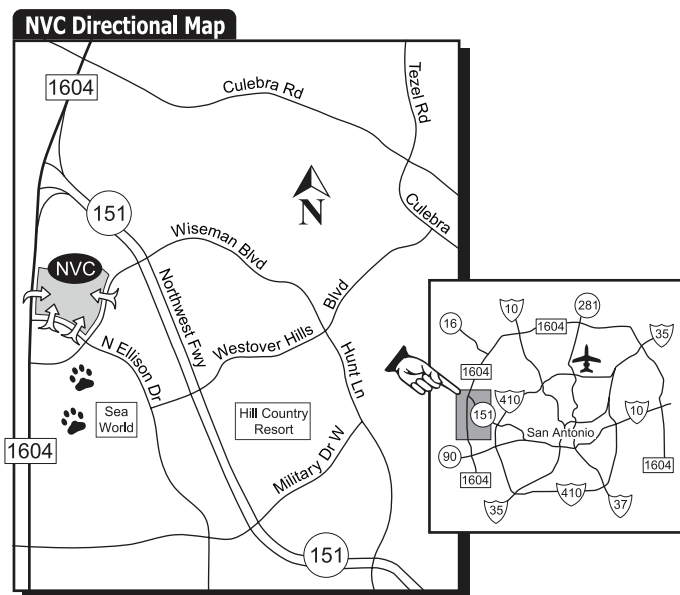
CAREERS AVAILABLE

The following titles are examples of careers associated with this program but not limited to:

Personal Trainer, Aerobics Instructor, Fitness Instructor, Group Fitness Instructor, Fitness Coordinator, Private Trainer

WHY NORTHWEST VISTA COLLEGE?

Career and Technical programs are created by faculty and industry professionals to ensure curriculum and training are aligned with current industry practices and trends. All workforce programs are designed to be completed in two years or less allowing graduates to begin their career immediately.



For additional information please contact the Program Coordinator:

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Northwest Vista College is an equal opportunity college of Alamo Colleges.