

Year
TO CERTIFICATE

10%
PERSONAL TRAINER
Job Growth

\$67

AVERAGE HOURLY WAGE

Fitness Directors

25%

AMERICANS MEET GUIDELINES

Physical Activity

Program Overview

Do you enjoy exercise and fitness? Would you like to help others achieve their fitness goals? The Certified Personal Trainer program provides an overview of fitness techniques and skills, from weight training to aquatic exercise. Students also receive instruction and hands-on experience in prescribing and designing fitness regimens for others. Graduates are prepared to take the National Academy of Sports Medicine (NASM) Personal Trainer Examination — the gold standard for personal trainers.

Job Outlook

Consumers have embraced personal health and wellness, and demand for personal trainers is high with job opportunities slated to grow 10% through 2026. Graduates who obtain NASM certification can work in commercial clubs and personal training studios as well as manage and own clubs or gyms.

CAREERS

Sports Coaches

\$24,310 - \$75,500

Personal Trainers

\$25,060 - \$83,010

*Fitness Center Managers

\$58,487 - \$115,694

*Fitness & Wellness Directors

\$71,680 - \$208,000

* Requires additional training Source: Bureau of Labor Statistics (CA Data) and Salary.com



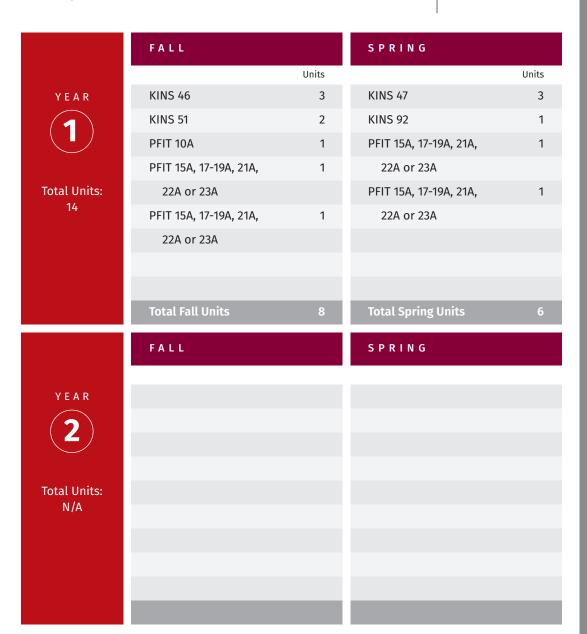
Certification enables students to work and gain hands-on experience while pursuing degrees in fields such as kinesiology and physical therapy.



Certified Personal Trainer

Suggested Course Sequence

Certificate of Achievement
MPC Certificate



This is a suggested sequence of coursework and is one pathway for students to earn their degree/certificate. This is not an official educational plan. A counselor is able to assist you with creating a personalized education plan based on your academic, career, and personal goals. For more information about counseling and up-to-date program requirements, please visit www.mpc.edu/counseling.

Monterey Peninsula College (MPC) is a fully accredited California public community college. The college is known for the excellence of its academic programs and student support services.

Campus Locations

Monterey Marina Seaside Online

Website

www.mpc.edu/kins

Contact Information

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The C.O.A Certified
Personal Trainer
program has prepared
me for success in the
profession of personal
training by providing
physical knowledge
about different types
of exercises that
will address clients'
personal goals.
Knowing how to use
assessments and
figuring out what areas
need correction was a
major strong point of
the program.

Cornell Whitmore

