



Allied Health

Certified Personal Trainer

1

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.

