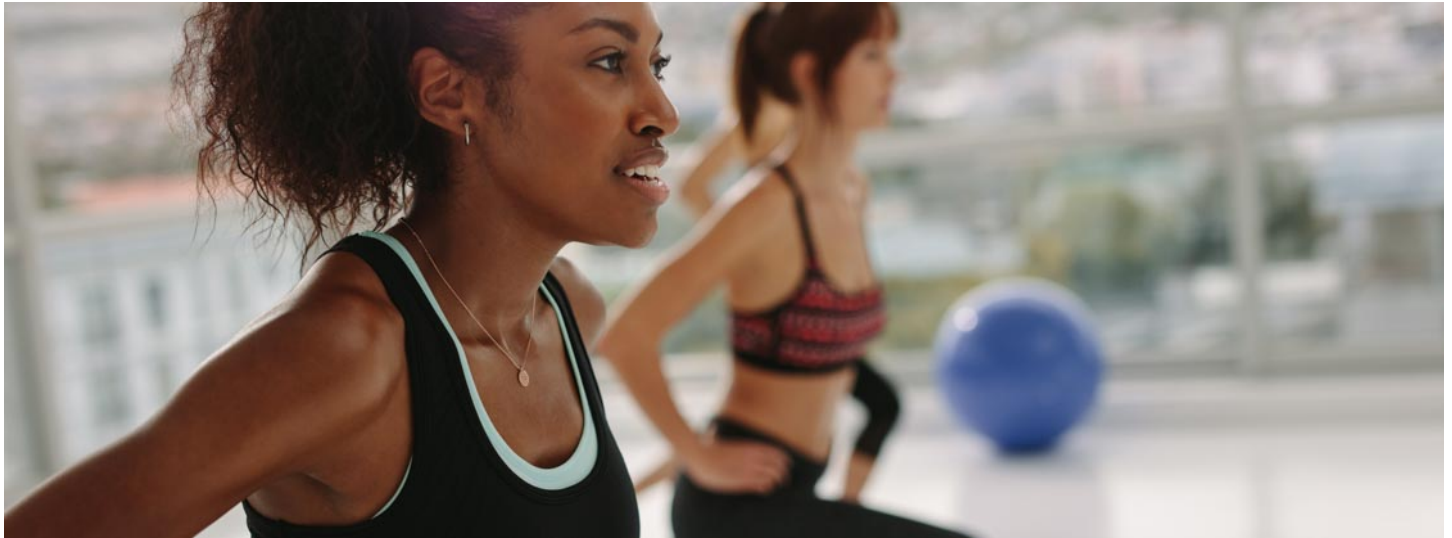


# PERSONAL FITNESS TRAINER, BASIC CERTIFICATE



College(s): MX

Program Code: 0397

The Basic Certificate program provides students with the educational background required for pursuing a career in the health and fitness industry. The curriculum provides the basic foundational skills needed to assess human body mechanics and the ability to develop and implement exercise training programs designed to improve and maintain health-related components of fitness and performance. This knowledge will prepare students to achieve personal trainer certification from the National Academy of Sports Medicine (NASM). Employment opportunities with this certification include personal trainer, group exercise instructor, and/or entry-level positions available at corporate or community fitness centers (i.e. health clubs, hospital fitness centers, YMCA, community recreational centers, etc.).

 **Future Ready Eligible**

## Program Requirements

| Code  | Title                            | Hours     |
|---|----------------------------------|-----------|
| <b>Required Program Core</b>                |                                  |           |
| ENGLISH 101                                 | Composition                      | 3         |
| ESSS 101                                    | Personal Trainer Preparation     | 4         |
| ESSS 112                                    | Functional Anatomy & Kinesiology | 5         |
| PSYCH 201                                   | General Psychology               | 3         |
| <b>Required Work-Based Learning Courses</b> |                                  |           |
| ESSS 102                                    | Personal Trainer Practicum       | 2         |
| <b>Total Hours</b>                          |                                  | <b>17</b> |

## Pathway

This is an **example course sequence** for students interested in earning a certificate in personal fitness training. If pathway is followed as outlined, student will earn a Basic Certificate (BC) in Personal Fitness Trainer. This does not represent a contract, nor does it guarantee course availability.

## Semester-by-Semester Program Plan for Full-Time Students

All plans can be modified to fit the needs of part-time students by adding more semesters.

| Semester 1         |                                  | Hours     |
|--------------------|----------------------------------|-----------|
| ENGLISH 101        | Composition                      | 3         |
| PSYCH 201          | General Psychology               | 3         |
| ESSS 101           | Personal Trainer Preparation     | 4         |
| ESSS 102           | Personal Trainer Practicum       | 2         |
| ESSS 112           | Functional Anatomy & Kinesiology | 5         |
| <b>Hours</b>       |                                  | <b>17</b> |
| <b>Total Hours</b> |                                  | <b>17</b> |

Choose your courses with your College Advisor.

## Careers

This program can prepare students for the jobs listed below. Click on each one to learn more, including average earnings, annual job openings, and how much education people in that field have. For additional guidance and resources on career options, current City Colleges students and alumni can contact the Career Services Office (<https://www.ccc.edu/departments/Pages/Career-Services.aspx>).

# Exercise Trainers and Group Fitness Instructors

## Job Description

Instruct or coach groups or individuals in exercise activities for the primary purpose of personal fitness. Demonstrate techniques and form, observe participants, and explain to them corrective measures necessary to improve their skills. Develop and implement individualized approaches to exercise.

## Salary Based on Experience Level

Take a look at the average hourly/annual earnings for this career in Cook County

Lightcast earnings figures are based on OES data from the BLS and include base rate, cost of living allowances, guaranteed pay, hazardous-duty pay, incentive pay (including commissions and bonuses), on-call pay, and tips.

### Annual Wages

|  |          |
|--|----------|
| Entry-Level 10 <sup>th</sup> Percentile  | \$27,883 |
| Median 50 <sup>th</sup> Percentile       | \$50,927 |
| Senior-Level 90 <sup>th</sup> Percentile | \$95,143 |

### Hourly Wages

|  |      |
|--|------|
| Entry-Level 10 <sup>th</sup> Percentile  | \$13 |
| Median 50 <sup>th</sup> Percentile       | \$24 |
| Senior-Level 90 <sup>th</sup> Percentile | \$46 |

## Annual Job Openings

1720 annual openings in Cook County

## National Education Attainment

Here, you can see the level of education that people in this career complete.

| Degree Program                    | % of Jobs |
|-----------------------------------|-----------|
| A high school diploma or less     | 14.29%    |
| A certificate                     | 57.14%    |
| Some college                      | 4.76%     |
| An Associate degree               | 9.52%     |
| A Bachelor's degree               | 9.52%     |
| A Master's or Professional degree | 4.76%     |
| A Doctoral degree or more         | 0.00%     |

14.28% continue their education beyond an associate degree