

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

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
Hours		17
Total Hours		17

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 th Percentile	\$30,735
Median 50 th Percentile	\$53,459
Senior-Level 90 th Percentile	\$107,795

Hourly Wages

Entry-Level 10 th Percentile	\$15
Median 50 th Percentile	\$26
Senior-Level 90 th Percentile	\$52

Annual Job Openings

2174 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