

Students pursuing a career in the fitness industry are able to complete an Associate of Arts degree with a concentration in Personal Training. Personal Training has been identified as a rapidly growing industry at both the state and national levels. The curriculum is designed to integrate the educational and practical skills necessary to become an exercise professional. Upon completion of this Associate of Arts degree, students will be prepared to take a national certifying exam. They may choose to enter the workforce as a certified personal trainer, or continue their education at a transfer institution to obtain a bachelor's degree in a fitness related area.

Suggested Program of Study for Associate of Arts Degree (2 years)

FRESHMAN YEAR

First Semester	
Course	Credits
HPER 1510 Introduction to Physical Education.....	3
HPER 1550 Lifetime Wellness.....	3
ENGL 1010 English Composition I.....	3
MATH 1100 Topics and Ideas in Mathematics.....	3
PRTR 2210 Introduction to Personal Training.....	4
	<u>16</u>
Second Semester	
Course	Credits
BIOS 2250 Introduction to Human Anatomy and Physiology I.....	4
HPER 1240 Circuit Training.....	1
HPER 1270 Aerobic Fitness.....	1
HPER 1520 Nutrition for Fitness and Sport or HOEC 1050 Nutrition.....	3
HPER 2400 Care and Prevention of Athletic Injuries.....	3
PRTR 2410 Advanced Personal Training.....	4
	<u>16</u>

SOPHOMORE YEAR

First Semester	
Course	Credits
HLTH 1060 Comprehensive Medical Terminology.....	3
HPER 1325 Introduction of Yoga.....	1
HPER 1245 Weight Management.....	1
Oral Communication*.....	3
History*.....	3
Fine Arts and Language*.....	3
	<u>14</u>
Second Semester	
Course	Credits
HPER 1326 Intro to Pilates.....	1
HPER 2200 First Aid and CPR for Healthcare Provider.....	3
Social Science*.....	3
English/Literature*.....	3
Behavioral Science*.....	3
HPER 2300 Stress Management.....	3
	<u>16</u>

Total Credit Hours 62

To earn an associate of arts degree, a student must satisfactorily complete a minimum of 60 semester hours that include the general education requirements.

* See general education requirements.

PERSONAL TRAINERS AND FITNESS INSTRUCTORS

Fitness trainers – or personal trainers - and instructors, whether group or specialized, plan or choreograph their own classes. These are designed specific to the needs of their clients.

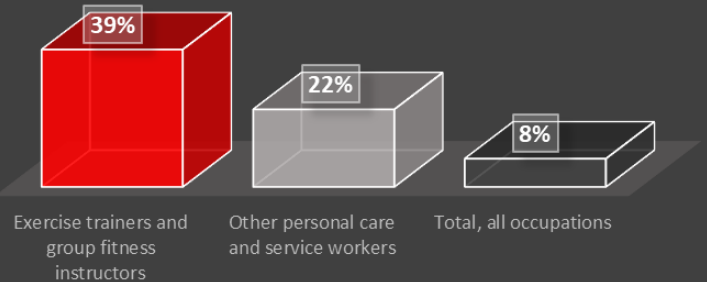
Fitness trainers typically start working with clients by evaluating their current fitness levels, personal goals, and skills. Upon developing a personalized program for the client, which may include resources about nutrition, weight control, and lifestyle issues, they then monitor the progress of their client.

Depending on the facilities where fitness trainers and instructors are employed, they may do a variety of tasks including tending the front desk, promoting programs and exercise classes via social media, and giving tours of the facility.

Fitness trainers will continue to motivate individuals or groups in their exercise activities, which may include a combination of cardio, strength training, and stretching. They work with people of all ages and skill levels.

Source: <http://www.bls.gov/ooh/personal-care-and-service/fitness-trainers-and-instructors.htm>

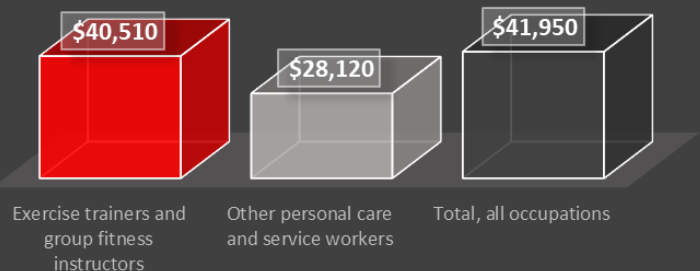
FITNESS TRAINERS & INSTRUCTORS % change in employment, projected 2020-30



Note: All Occupations includes all occupations in the U.S. Economy.

Source: U.S. Bureau of Labor Statistics, Employment Projections program.

FITNESS TRAINERS & INSTRUCTORS Median annual wages, May 2020



Note: All Occupations includes all occupations in the U.S. Economy.

Source: U.S. Bureau of Labor Statistics, Occupational Employment Statistics.

TUITION: Estimated 2020-21 in-state tuition and fees for an associate degree in this program is \$7,750.



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