

Personal Trainer

Diploma

Program Objective

The Personal Trainer Diploma is designed to prepare students for an exciting career in fitness training. Its objective is to expose students to the range of knowledge and skills required in this dynamic and evolving industry and to prepare them for the National Academy of Sports Medicine (NASM) certification exam.

Courses focus on the competencies required by today's employers, including body sciences, nutrition, design of fitness programs, motivational techniques, sales fundamentals, and NASM certification preparation.

The program provides students with:

- A solid foundation in the essential principles of the personal fitness training environment, including client intake and assessment, fitness program design, and behavior management.
- A strong preparation in body science.
- Professional skills in high demand by employers. These skills include verbal communication, customer service, sales, and managing a personal training business.
- Essential computer and internet literacy and proficiency in key Microsoft Office applications.

Program Notes

Three-month membership at a gym or fitness center is required. Students will submit video assignments to demonstrate proficiency of key exercise techniques.

Tuition fees include student manuals and all other course materials. Financial assistance may be available to qualified students.

Graduation requirements: Students must achieve a 75% program average to obtain a diploma.

Admission Requirements

A secondary school diploma or equivalent with prior education in English at grade 10 level or higher.

OR

Mature students who pass an entrance evaluation demonstrating sufficient ability (i.e., English comprehension and math skills) to undertake the program.

All applicants must demonstrate English proficiency through one of the above requirements or through an English language assessment (IELTS 5.5 or equivalent).

Career Opportunities

Health and fitness professionals enjoy a range of opportunities for employment. A variety of work environments await program graduates, such as gyms and fitness facilities, corporate fitness centers, hotels, cruise ships and vacation resorts, and rehabilitation centers. Many personal trainers are self-employed.

As a fitness professional, each day provides the opportunity to enhance the health and well-being of others in careers, such as —

- Certified Personal Trainer
- Group Fitness / Exercise Instructor
- Fitness Supervisor
- Health and Wellness Coach

Graduates who choose to write the NASM certification exam will pay an additional fee to NASM.

Method of Delivery

Integrated Learning™ System training facilitated by Academy of Learning Career College learning coaches.

Competencies upon Completion

Core Courses

- **Keyboarding**
Minimum 25 words per minute (WPM)
- **Office and Business Skills**
Personal Computer Fundamentals, Windows Operating System, Internet Fundamentals, basic level of proficiency in Microsoft Word, Excel, and Outlook, Business Verbal Communication, Business Essentials
- **Personal Training Skills**
Personal Training Fundamentals, Body Sciences, Client Intake and Assessment, Programming Essentials 1, 2, and 3, Nutrition Fundamentals, Behavior Management
- **Sales, Marketing, and Service**
Sales and Business Management, Customer Service
- **Employability Skills**
Comprehensive Review and Career Preparation, Strategies for Success