

# Fitness and Wellness Coach

## INDUSTRY FACTS



### What do personal trainers do?

Personal trainers have a gift for inspiring others. They take care of their minds and bodies, and that dedication yields a number of benefits—increased strength, greater mobility, boosted immune system. But here's the cool part. Personal trainers have a wealth of knowledge and they love sharing it with the larger community. They help others develop the skills necessary to successfully engage in physical activity. They assess their clients' current fitness levels, provide guidance, and help them achieve their personal goals. Here's what a typical day or week might look like:

- Teaching proper fitness and nutrition habits
- Observing clients' exercise routines and tracking their progress
- Developing fitness/meal plans based on client's needs and goals

### Where do they work?

Certified personal trainers work in a variety of facilities such as health clubs, fitness centers, yoga studios, and even client homes.

### How much do they earn?

According to the U.S. Bureau of Labor and Statistics, the average salary for personal trainers is just below \$40,000 per year\*. Remember that salaries vary based on location, facility, and experience level.

### How's the job outlook?

Employment of fitness trainers is projected to grow 13% through 2028, much faster than other occupations. And as businesses (across all industries) start prioritizing health for employees, the need for folks with exceptional knowledge in the field will just continue to grow.

"I was very impressed with what CareerStep had to offer. Affordable pricing for a comprehensive program, combined with the support and flexibility I needed. A perfect choice!"

**JESSICA C., CAREERSTEP LEARNER**  
JUNE 2020

# Personal Trainer

## PROGRAM DETAILS

### Improve Your Life

When it comes to career training, you'll find a lot of sub-par providers out there. Salespeople that'll try to impress you with fancy hyperbole. But through all the noise, the distinct sound of success can be heard. Your success. All it takes is a little push. A nudge in the right direction—and your whole life could change. New doors opened. New worlds discovered. New opportunities explored.

### Prepare For A Better Job

People are looking for smart, honest professionals to help them develop habits that allow them to live healthier, happier lives. With the right training, you could be the one people turn to when they're ready to put down the burger, get off the couch, and start moving.

### Learn Your Way (From Home)

With online training, you can absorb more knowledge and learn more skills—fast.

- Study on a schedule that fits your life
- Progress at a pace that matches your learning style
- Adjust the time and effort you devote to your coursework each day

### Receive Coaching and Guidance

When you train with CareerStep, we back you every step of the way—from signup through course completion.

- Learner support
- Technical support
- Career support (interview coaching and resume reviews)

### Get Certified

This program prepares learners to take the ACSM Personal Trainer certification exam.

### Program Courses

Course Name
Program Orientation: Personal Fitness Trainer
Foundations of Health and Fitness
Personal Training
The Human Body
Special Population & Human Behavior
Program Completion: Personal Fitness Trainer

**TOTAL HOURS = 113**

### ONLINE COURSEWORK, SIMULATIONS, AND EXPERIENTIAL

\*Job market and salary data from the Bureau of Labor Statistics, U.S. Department of Labor. Retrieved from <https://www.bls.gov/ooh/> [02/21]

†Completion estimates based on Learners studying 10 hours each week, or 2 hours per work day. Clinical hours are not included.