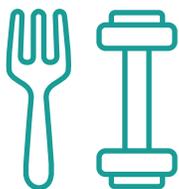


# Nutrition and Personal Trainer

## INDUSTRY FACTS



### What do nutrition and personal trainers do?

Personal trainers and nutrition consultants are an inspiration for those who need help

tweaking their diet and/or developing an exercise routine to meet their individual goals. They lead, instruct, and motivate. Here's a breakdown of their responsibilities:

- 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 trainer and nutrition specialists 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 Burning Glass, the average salary for personal trainers is just above \$30,000 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 11% 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**

MARCH, 2019

# Nutrition and Personal Trainer

## PROGRAM DETAILS

### Improve Your Life

When it comes to career training, you'll find a lot of posers out there. Con artists that'll try to impress you with fancy hyperbole. But through all the noise, the distinct sound of success can be heard. Your success.

### Prepare For A Better Job

Healthy habits are hard to develop. Ditching fast food for nutritious greens, throwing heavy things around in the gym or running a mile instead of binge-watching the latest Netflix original series ... The struggle is real. Nutrition and personal trainers provide the motivation people need to get off the couch, start moving, and swap those greasy burgers for salads. And with the right training, you could be the one people turn to when they're ready to make a lifestyle change.

### 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 sign-up through course completion.

- Learner support
- Technical support

### Get Certified

#### ACSM Personal Trainer

Sit for the ACSM Personal Trainer certification exam and you'll have the knowledge you need to help others improve their lives.

#### Certified Nutrition Specialist

Sit for the AASDN Certified Nutrition Specialist exam, widely considered to be the most advanced credential for personal nutrition professionals.

### Program Outline

Program Orientation: Nutrition and Personal Trainer

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Foundations of Health and Fitness

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Foundations of Nutrition

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Communication and Customer Service in the Healthcare Office

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HIPAA

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Coaching Methods and Applications

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Health Promotion and Behavior

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Conduct and Core Competencies of Coaching

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Special Population & Human Behavior

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Personal Training

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The Human Body

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Program Completion: Nutrition and Personal Trainer

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**TOTAL HOURS = 422**  
**Didactic, Simulations, and Experiential**