



## Personal Fitness Trainer Program Austin Community College

Welcome to the Personal Fitness Trainer Program online information session.

The information session is designed to supply applicants to the Personal Fitness Trainer program with accurate information and guide the applicant through the application process.

Successful completion of an information session is a mandatory step in the application process and must be completed before applying to the program.

At the end of the presentation there is a post test to be completed as verification of watching the informational session.

## Objectives

Upon completion of this informational session you should be able to:

- Define/Describe Personal Fitness Trainer Program
- What is the job market?
- What are my options at ACC?
- List the requirements for being admitted to the Personal Fitness Trainer Program
- Suggested course sequence for spring applicants

The goal of this information session is to define the Personal Fitness Trainer Program, explain the difference between the two Personal Fitness Trainer certificates and the Associate of Applied Science degree, give you a brief overview of the roles and responsibilities that you should expect as a personal fitness trainer, and to provide you information about the job market and application process.

At the end of this information session, you will complete a verification test to ensure that you have achieved the objectives of this presentation.

## Content

- What is the Personal Fitness Trainer program?
- The Personal Fitness Trainer program at ACC
- Technical Standards
- Personal Factors
- The Application Process
- Admission to the Program
- Resources

Specific areas of information that will be covered are listed.

If you have questions during the presentation, click on the pause button at the bottom of the slide, write down your question and look for the answer after you finish the presentation.

## What is the Personal Fitness Trainer Program?

- prepares students for a variety of fitness and wellness careers
- health, fitness, and well-being
- work in gyms, corporations, or individuals

The Personal Fitness Trainer program prepares students for a variety of careers within the rapidly growing fitness and wellness industry.

In general, personal fitness trainers use their knowledge of fitness, exercise, and a proper diet to help individuals or groups improve their health and well-being.

Graduates are qualified to work with gyms, corporations, or individuals.

## The Personal Fitness Trainer Program at ACC

### Areas of study

- aerobic training
- strength training,
- fitness assessment
- exercise prescription
- equipment use and safety
- wellness concepts

Students in the Personal Fitness Trainer program receive skilled instruction in aerobic training, strength training, fitness assessment, exercise prescription, equipment use and safety, and wellness concepts which deal with issues such as smoking cessation, stress management, and weight control.

## The Personal Fitness Trainer Program at ACC

### Program goals

- Competent and skilled
- Safe and effective program design
- Prepared for employment
- Prepared for national certification exams

The Program goals are:

To produce personal trainers who are knowledgeable in both the concepts of fitness and health as well as skilled in the application of training methods on a healthy individual.

Actively training individuals with the focus on safe and effective programs that result in a healthier client.

Optimize employment opportunities for the graduate of our program. Personal Fitness Trainers will be prepared to work in gyms, corporations, or with individuals.

Help students prepare for national certification exams.

## Why Choose ACC?

- Qualified faculty
- Excellent pass rate for national exams
- Focus on practical learning

Why is ACC superior to other methods of pursuing this profession?

All faculty have bachelor's or higher degree in Exercise Science/Health Promotion.

All faculty are nationally certified.

Pass rate for national exams since 2002 :

90% pass rate for ACE-PT exam

92% pass rate for NSCA-CPT exam.

100% pass rate for ACSM-CPT exam

There is an heavy emphasis on practical learning. Half of the FITT courses have labs. In addition, students in the one year certificate and two year associate degree are placed at a fitness facility in final summer semester for true "hands-on" guided learning. Although not a guarantee, many of the interns are offered a position at the end of their internship.

## Projected Job Market for Personal Fitness Trainers

- The US Bureau of Labor projects that the market for personal fitness trainers will grow at a rate of at least 29%, which is much faster than the average projected job growth.
- <http://www.bls.gov/oco/ocos296.htm>

Employment prospects are expected to be good because of an expected and continued rapid growth in the fitness industry growth rate. Employment of fitness workers is expected to increase much faster than the average for all occupations through 2014. Specifics about this information can be found at the website listed..

## Why is this Job Market so Lucrative?

- Aging baby boomers
- Reduction of physical education programs
- Childhood obesity
- Youth athletes and young professional adults

There are many reasons that are thought to contribute to this increase in demand. Aging baby boomers are concerned with staying healthy, physically fit, and independent. They have become the largest demographic group of health club members.

The reduction of physical education programs in schools, combined with parents' growing concern about childhood obesity, has resulted in rapid increases in children's health club membership.

Increasingly, athletic youth also are hiring personal trainers, and weight-training gyms for children younger than 18 are expected to continue to grow. Health club membership among young adults also has grown steadily, driven by concern with physical fitness and by rising incomes.

## Additional Job Markets to Consider

- Wedding market
- Modeling agencies/acting schools
- Faith-based fitness
- Physical therapy centers
- Medical community marketing
- School/day care centers
- Corporate fitness
- Hospital community
- Cruise ships

In addition, the job market for Personal Fitness Trainers continues to expand and diversify in areas that are not so typical.

## Job Expectations

- Part-time
- Multiple sites
- Working hours

Many jobs are part-time, but trainers may work at multiple sites to create full-time employment. Full-time employment is more difficult for the beginning Personal Fitness Trainer to obtain.

Night and weekend working hours are common.

# Pay Expectations

## ■ Median pay at national levels

Median annual wages in the industries employing the largest numbers of fitness workers in May 2010 were as follows:

	<u>Mean hourly wage</u>	<u>Mean annual wage</u>				
■	\$17.27	\$35,920				
■	<b>Percentile</b>	<b>10%</b>	<b>25%</b>	<b>50%(Median)</b>	<b>75%</b>	<b>90%</b>
■	Hourly Wage	\$8.21	\$9.55	\$14.95	\$22.18	\$30.48
■	Annual Wage	\$17,070	\$19,870	\$31,090	\$46,130	\$63,400

■ <http://www.bls.gov/oes/current/oes399031.htm>

■ American Council on Exercise national data  
<http://www.acefitness.org/salary/>

Based on the US Bureau of Labor Statistics, the median annual wages of fitness trainers and aerobics instructors in May 2010 were \$31,090. These figures do not include the earnings of the self-employed. Earnings of successful self-employed personal trainers can be much higher. For more information the link for the US Department of Labor is given.

Because many fitness workers work part time, they often do not receive benefits such as health insurance or retirement plans from their employers. They do get the unusual benefit of the use of fitness facilities at no cost.

The American Council on Exercise solicited over 3000 responses from businesses from US, Canada, Europe, and Asia in 2010. The detailed salary information is available on their website which is also given. Information on salary scales is provided based on United States region, experience, education, and position title.

## Options in FITT

### Fitness Specialist: sixteen hour certificate

- Employment expectation for this certificate
- Areas of instruction
- CPR certification

([Click here](#) to view certificate plan.)

The Personal Fitness Trainer program offers three plans that an individual can apply to. The Fitness Specialist certificate can be completed in one semester. This certificate is designed to train individuals who seek employment as a support staff member in a fitness facility but not as a personal trainer.

Included in the 16-hour certificate are instruction in fitness evaluation, wellness concepts, facility operation, and human anatomy and physiology.

Students must hold current adult CPR/AED certification to be awarded Fitness Specialist Certificate.

## Options in FITT (Cont.)

### Personal Fitness Trainer: thirty-four hour certificate

- Employment expectation for this certificate
- Areas of instruction
- Update professional skills
- CPR certification
- [Click here](#) to view the certificate plan

The Personal Fitness Trainer certificate is designed to train individuals who seek employment as a personal fitness trainer. This certificate is designed to offer focused instruction in the field of exercise science with specific training in fitness evaluation and testing, program design and implementation, and advanced training methods and nutrition.

Along with appealing to individuals who want to learn the skills and knowledge to be a Personal Trainer, this is also an excellent choice for current professionals wanting to update their skills.

Students must hold current adult CPR/AED certification to be awarded the Personal Fitness Trainer Certificate.

## Options in FITT (Cont.)

### Associate of Applied Science: sixty-three hour degree program

- Degree versus certificate
- Transfer to four-year institution
- Employment opportunities
- [Click here](#) to view the degree plan

The Associate of Applied Science is a two-year degree program. The degree is designed to integrate the educational and practical training skills needed to be an exercise professional as well as cater to the individual who may have plans to continue his/her education at a four-year institution. The degree may offer more employment opportunities by facilities which require a higher level of education.

Students must hold current adult CPR/AED certification to be awarded the Personal Fitness Trainer Certificate

## National Certification

Prepares student for national certification exams

American College of Sports Medicine

National Strength and Conditioning Association

American Council on Exercise

The program incorporates material specific to national certification preparation for exams such as those offered by the American College of Sports Medicine (C-PT), National Strength and Conditioning Association (C-PT), and the American Council on Exercise (PT)

## Course Sequence

- Typical start is Fall semester
- Issues with Spring semester start

Student accepted into the program will start in the Fall semester to complete courses in sequence. Students can be accepted into the program with a start in the Spring semester but will delay the completion of their program option by at least a semester as official entrance into the program will begin in the following fall semester.

## Suggested Courses for Spring Start Applicants

- Fitness Specialist (certificate)
  - FITT 1401 Fitness and Exercise Testing
  - BIOL 2404 Intro to Anatomy and Physiology (multiple times/days/campuses)

These are the recommended courses for Spring applicants pursuing the Fitness Specialist certificate.

## Suggested Courses for Spring Start Applicants

- Personal Fitness Trainer (certificate)
  - FITT 2331 Group Exercise Instruction
  - KINE 1201 Physical Fitness Concepts (16 or 12-week)
  - BIOL 2404 Intro to Anatomy and Physiology (multiple times/days/campuses)
  - BIOL 1322 Contemporary Issues in Nutrition - (Students can take BIOL 1323 Human Nutrition as a substitute).

These are the recommended courses for Spring applicants pursuing the Personal Fitness Trainer certificate.

## Suggested Courses for Spring Start Applicants (Cont.)

- Associate of Applied Science Personal Fitness Trainer (AAS)



The prospective student interested in the Associate Degree must meet with the Department Chair to develop a degree plan. Course suggestions will vary greatly depending on individual student college transcript.

## Technical Standards

- Health Sciences programs establish technical standards and essential functions to insure that students have the abilities required to participate and potentially be successful in all aspects of the respective programs with or without reasonable accommodations due to a documented disability. Students are required to meet technical standards and essential functions for the Personal Fitness Trainer program as indicated below. If an applicant or student is unable to meet all of the outlined standards, he/she may be withdrawn from the program.

- <http://www.austincc.edu/health/fitt/applicants.php>

Fitness experts must have a variety of personal attributes and abilities to be successful in this challenging field.

Technical Standards are required to be met by applicants to the Personal Fitness Trainer program.

Please review the technical standards by clicking on the link provided.

## Personal Factors (Cont.)

### Priority for acceptance

- Previous academic success
- Full-time student

Priority for acceptance is given to individuals who:

have displayed academic success previous to applying to the program and can pursue either the certificate or the AAS degree as a full-time student. Although, part-time status does not exclude a student from the program.

Each year approximately 12 to 16 students are accepted into the Personal Fitness Trainer program to begin coursework in the Fall.

## Application Process

1. Apply to ACC.  
<http://www.austincc.edu/future/>
2. Complete an Information Session.
3. Complete departmental application.  
<http://www.austincc.edu/health/fitt/fittapp.php>
4. Department Chair will contact you to schedule individual consultation.

All new students at ACC are required to complete an online tutorial called ACC 101. This tutorial provides useful information about the admissions process to the college. Texas has a state required test called Texas Success Initiative (TSI) to determine readiness for college level course work which covers reading, writing, and math skills. You can verify your TSI status in person at student services located at any ACC campus. For the degree program your status must be complete or exempt.

NOTE: Acceptance into ACC does not guarantee acceptance into the Personal Fitness Trainer Program.

All potential students are required to complete an information session (which you are doing at this moment) At the end of the information session, you will be directed to a verification quiz followed by the Application of Interest.

Complete and submit the Personal Fitness Trainer online application of interest. The completed application will be reviewed by the Department Chair who will contact you for an individual conference at the Riverside Campus.

## Application Process

- No criminal background check required
- No immunization records required

This health science program that **DOES NOT** require a criminal background check or immunization records for admission into the program.

## Resources

Many resources are available to Health Sciences students at ACC through:

- Student Services Office  
<http://www.austincc.edu/support/advising/index.php>
- Financial Aid Office  
<http://www.austincc.edu/support/financialaid/>
- Office of Student with Disabilities  
<http://www.austincc.edu/support/osd/>

Counselors are available in ACC's Student Services to discuss academic, career, and personal matters.

Students who need financial assistance should contact the ACC Financial Aid Office. The college offers a variety of grants, loans, work-study programs and scholarships.

Office of Students with Disabilities offers assistance for students with special needs and is available at each ACC.

## Contact Us

- **Pam Soto, Department Chair**

Riverside Campus (RVS)

1020 Grove Blvd.

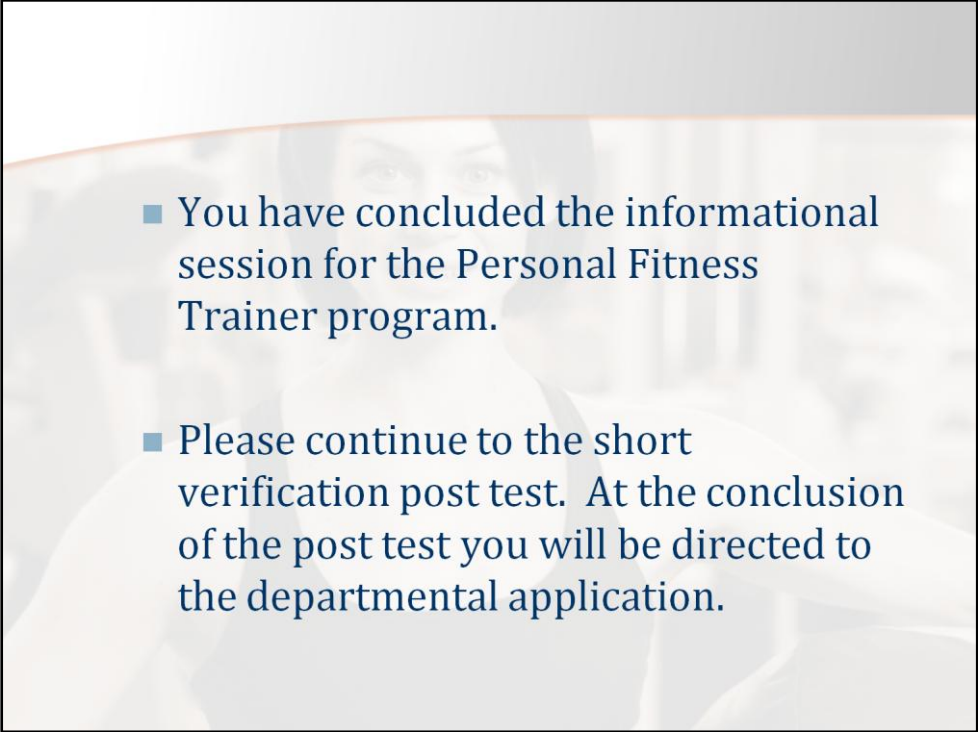
Austin, Texas 78741

Phone: 512.223.6040

Email: [psoto@austincc.edu](mailto:psoto@austincc.edu)

<http://www.austincc.edu/locations/rvs.php>

The Department Chair is located at the Riverside Campus. Contact the Department Chair by email for further questions about the program.

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- You have concluded the informational session for the Personal Fitness Trainer program.
  - Please continue to the short verification post test. At the conclusion of the post test you will be directed to the departmental application.

That is the end of the informational session for the Personal Fitness Trainer program.

Please continue to the verification post test which will direct you to the departmental application. The submission of the application is the final step to the application process. The department chair for the program will contact you to discuss scheduling a meeting on the RVS campus.