

Health & Fitness Technology

TECH PREP

Toms River Center

2 Year Program

Ms. Helene Crist

This course introduces students to the fields of fitness, personal training, nutrition and physical rehabilitative therapy through preparation as an entry level personal trainer, fitness technician or group fitness instructor.

Related Job Titles

Personal Trainer	Recreation Aide
Group Fitness Instructor	Floor Trainer
Recreation Assistant	Recreation Trainee

Skills You Will Learn

- Assess health status and current fitness level
- Demonstrate weight training and flexibility
- Teach exercise techniques and lifestyle behavior change for lifelong fitness and sports
- Teach and demonstrate aerobic exercises used to attain cardiovascular fitness
- Perform minor maintenance on equipment

Worker Requirements

You should prefer:

- Activities of a humanitarian nature
- Working with little direct supervision
- Dealing directly with people

You should be able to:

- Plan, direct and control the activities of others
- Make evaluations based on measurable criteria
- Work in cooperation with others

Physically you must:

- Maintain good health
- Be physically fit
- Have full use of arms and hands
- Speak and hear well
- Lift and carry up to 50 lbs.

Career Ladder

Workers in this field usually begin as assistants to learn basic skills and to gain experience. They can then advance to a management position offering a higher salary.

Continuing Education

An associate's degree in physical fitness is normally desired to enter this field, but not required.

Certification as an Aerobics Instructor with CPR certification is typically required to enter this field.

A Tech Prep agreement is in place with Ocean County College, enabling students to receive up to five college credits upon successful completion of the course.

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