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
- Fitness Aide/Tech
- Exercise Physiologist
- Fitness Specialist
- Group Fitness Instructor
- Physical Therapy Assistant
- Strength & Conditioning Coach

Skills You Will Learn
- Heath Screening & Fitness Assessments for the 5 main components of fitness
- Exercise Program Design for Cardiovascular, Weight Resistive, Flexibility & Sport-specific Training for self, apparently healthy individuals as well as Special Populations in fitness
- Injury Prevention Techniques, functional training, post-rehab exercise & emergency procedures
- Educating on behavior change techniques in nutrition, weight management & stress reduction
- Group fitness exercise program design

Preferred Skills for Career Field:
- Activities of a humanitarian nature
- Working with little direct supervision
- Dealing directly with people while maintaining a positive work ethic
- Plan, direct and control the activities of others
- Communication and Multi-tasking skills
- Make evaluations based on measurable criteria
- Work in cooperation with others

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. Students may desire to obtain additional certifications and/or college.

Certification as a Personal Trainer 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.