

Health & Fitness Technology

Toms River Center

2 Year Program

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

Skills You Will Learn

- Health 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

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.

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

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

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