

PERSONAL TRAINER, CERTIFICATE OF TECHNOLOGY



Program Information

The San Jacinto College Personal Trainer program utilizes a curriculum that is nationally recognized.

At San Jacinto College, you can depend on classes that get you results. Our professional instructors have the experience and knowledge needed to teach and motivate students who are seeking a healthy life-style and want to help others do the same. Many of those with personal trainer certifications do not have a business plan or adequate skills to work with clients. Our program provides hands-on training and education for students looking to become personal trainers through the study of scientific principles, methodologies, and research applied to exercise and fitness. They also gain experience in marketing, health promotion, and current business practices from those working in the industry. Upon completion of the program requirements, students earn a Certificate of Technology credential and are thoroughly prepared to take a nationally recognized personal trainer certification exam.

Program Outcomes

The Personal Trainer certificate program:

- Builds a strong background in the areas of anatomy, physiology, kinesiology, biomechanics, healthy lifestyle, safety, psychology, and health promotion;
- Develops a strong business model by offering information about best practices, professional ethics, marketing, record keeping, and communication; and
- Prepares students to take any of the nationally recognized certification exams.

Learn from Top-rated Instructors

We know that you have choices when it comes to personal trainer certification programs, so why choose San Jacinto College? We offer the very best hands-on approach to becoming a personal trainer. We have the latest in industry equipment and our instructors are leaders in their fields. Finding what works for you means that you need a place where you can receive personal instruction in the knowledge and skills to become a successful personal trainer. We are that place!

Do You Have What It Takes to Be a Personal Trainer?

- Do you have a passion for fitness?
- Do you enjoy learning about exercise?

- Can you motivate others?
- Do you have customer service skills?
- Are you a good listener?
- Do you have problem-solving skills?
- Are you a good communicator?

Career Opportunities

- The Personal Trainer profession has a projected 13 percent increase in jobs through the year 2022.
- As baby boomers age, jobs for fitness trainers and instructors are expected to rise in fitness centers.
- Obesity in young people and general overall health issues are causing a need for more fitness trainers.
- Classes such as yoga and Pilates are expected to continue to increase due to older adults wanting relief from stress, arthritis, and other health issues.
- Business and government are recognizing the benefits for employees to be active, with more incentives being offered to join gyms.

Earning Potential

Personal trainer: \$41,549¹ per year

¹ Source: www.texaswages.com (<http://www.texaswages.com>), median salary Gulf Coast region, 2019

For more information, students may contact 281-998-6150, x3350.

Campus

South Campus

Information

The purpose of the Personal Trainer program is to prepare graduates to work in the field of personal training. Individuals with these credentials are a vital component in the fitness industry. Graduates of the Personal Trainer program will have a strong background in the appropriate personal training anatomy and physiology, kinesiology, biomechanics, health and safety, and wellness/lifestyle changes areas. They will have industry knowledge in business practices, professional ethics, marketing, and proper record keeping.

Plan of Study

South Campus
4PHED-PT

First Term		Credits
FITT 1237	Personal Training	2
FITT 2413	Exercise Science	4
FITT 2301	Lifestyle Change for Wellness	3
FITT 1301	Fitness and Exercise Testing	3
Credits		12
Second Term		
FITT 2309	Theory of Exercise Program Design and Instruction	3
FITT 2471	Kinesiology and Biomechanics	4
FITT 1303	Fitness Event Planning and Promotion	3
FITT 2311	Prevention and Care of Exercise Injury	3

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FITT 1164	Practicum for Personal Trainer	1
Credits		14
Total Credits		26

Capstone Experience: FITT 1164 Practicum for Personal Trainer

Eligible for any nationally recognized personal trainer credentialing exam.