

A Personal Training and
Exercise Science Program

LIKE NO OTHER



**Associate Degree in Advanced Personal
Training and Exercise Science**



BRYAN UNIVERSITY
FOUNDED 1940

Fitness Careers are Expanding...

Convert Your Healthy Lifestyle into a Professional Fitness Career

The benefits of living a healthy lifestyle are numerous and converting your passion for exercise and fitness into a career is yet another reward. A degree in Advanced Personal Training and Exercise Science (APTES) from Bryan University will prepare you for a fulfilling career in a growing industry.

Expanding Careers

Careers for health and fitness professionals, group exercise instructors, and personal trainers are projected to grow faster than average through the year 2026 at a rate of 10-14 percent with projected job openings of 54,800 in the US.¹

Preparing now means you'll be ready for the jobs of the future.

Diverse Employers

Health and fitness professionals have a range of opportunities for employment. From corporate settings to healthcare facilities to high-energy gyms and fitness centers, there's a work environment for all personality types, including:

- Gyms and fitness facilities
- Corporate fitness centers
- Rehabilitation centers
- Self-employment

"The experience at Bryan University exceeded my expectations and improved my life."

— Claire Cielinski, Bryan U Graduate



Attractive Opportunities

A degree in APTES can put you on the path to numerous jobs in a fulfilling career field. Aside from financial rewards, it's a career where each day provides the opportunity to enhance the health and well-being of others in positions such as:

Certified Personal Trainer – prepare to become a certified personal trainer through the National Academy of Sports Medicine (NASM).

Group Fitness Instructor/Group Exercise Instructor – conduct a safe and effective group exercise class for various modalities offered at fitness centers.

Sports Performance Coach/Athletic Conditioning – conduct health screenings of individuals seeking to achieve a performance goal in conjunction with athletics. Design a resistance training and cardiovascular exercise prescription to achieve a performance-oriented goal. Provide motivation and corrective feedback.

Corrective Exercise Trainer – conduct health screenings and physical fitness assessments of clients who have experienced an injury and who have been medically released for independent physical activity.

The cost to take a national certification through NASM is included with the program tuition, along with books and courseware!

Gain the Skills Employers Need

As a student at Bryan University, you'll attend a top fitness school where you'll gain extensive knowledge in our interactive classrooms from faculty who have real-world industry experience. Your APTES courses will provide:

- An intensive curriculum reviewed annually by industry experts which includes a core focus on exercise science, nutrition, and personal trainer certification.
- Technical fitness knowledge needed to give you an advantage in your career.
- Critical business skills you'll need to succeed in today's competitive environment.

¹Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, 2016-17 Edition, on the Internet at <http://www.bls.gov/ooh/personal-care-and-service/fitness-trainers-and-instructors.htm>. Also see <http://www.onetonline.org/link/summary/39-9031.00>.

Accelerate Knowledge in Cutting-Edge Classrooms

At Bryan University, we believe that success in the field of health and fitness training demands a different approach to education. That's why we're dedicated to building a more innovative, interactive learning environment that adapts to your unique needs and provides you with individual coaching and feedback.

For students choosing the Online learning option, you'll experience live, interactive classes where you'll be able to see, hear and interact with your instructors right from your computer at home. You'll also be able to participate in online, collaborative learning with other students, view multimedia presentations of course content, and engage in ongoing forum discussions with instructors and students.

For students living in Phoenix or the surrounding area, you'll have the option to attend our world-class campus located in Tempe, Arizona. We invite you to visit our campus for a tour of the facilities, plus you'll have the opportunity to meet and speak with instructors.

Continue to the Bachelor's Degree Level

Once you complete your APTEs associate degree, you may consider continuing your education at the bachelor's degree level. Bryan University offers a renowned Bachelor of Science Degree in Professional Fitness Training & Exercise Science, developed in partnership with Personal Training Global (PTA Global). With this degree, you'll find additional career opportunities such as:

Certified Personal Trainer for Specialty Populations – learn advanced training techniques for those with disabilities, chronic disease, injuries, youth, and more. Work in a gym setting, as an independent contractor, or self-employed.

Fitness Educator – help students successfully achieve their program requirements and career competencies.

Sports Performance Coach – coach a high school sports team or individual athletes by effectively implementing goal-setting, action planning, and communication & motivation strategies.

Fitness Studio/Gym Owner – be your own boss and run your own gym or fitness studio by utilizing your business acumen and entrepreneurial skills learned in class.

Exercise Director/Club Manager – open doors of opportunity into managerial positions at commercial fitness centers.

The Bryan University Difference

Long-Standing History of Excellence. We have a 77-year proven track record of preparing graduates for successful careers since 1940.

Focus on Employment, Not Just a Degree.

You'll graduate with a degree targeted for an in-demand job market and earn skills that match employers' needs. Work with the Career Services Department to build a job network, sharpen your interview skills, and create an eye-catching resume.

Accelerated Programs.

At Bryan University, we've developed a unique approach to education that allows you to complete your program in the shortest amount of time possible, while still providing the top-notch curriculum, faculty, and support to ensure your success.

Get the Credit You Deserve.

If you apply to Bryan University with prior college credits and/or a degree, we'll accept as many credits as possible to validate the hard work you've already completed.

Learn by Doing, Not Just Lectures.

You'll develop skills and competencies using some of the most innovative, state-of-the-art learning curriculum, tools, and resources available.

Learn From Experts, Not Just Books.

Each faculty member has been carefully selected to ensure they have extensive industry experience. They provide caring, individualized support and mentoring.

Connect With Others, Not Just the Internet.

Whether you're an online or on campus student, you'll learn collaboratively with faculty and peers to build a network of colleagues—for life.

Return for Refresher Classes.

As a Bryan graduate, you'll have the privilege of returning and auditing previously completed courses still being taught—at no charge—to keep your skills and confidence sharp.

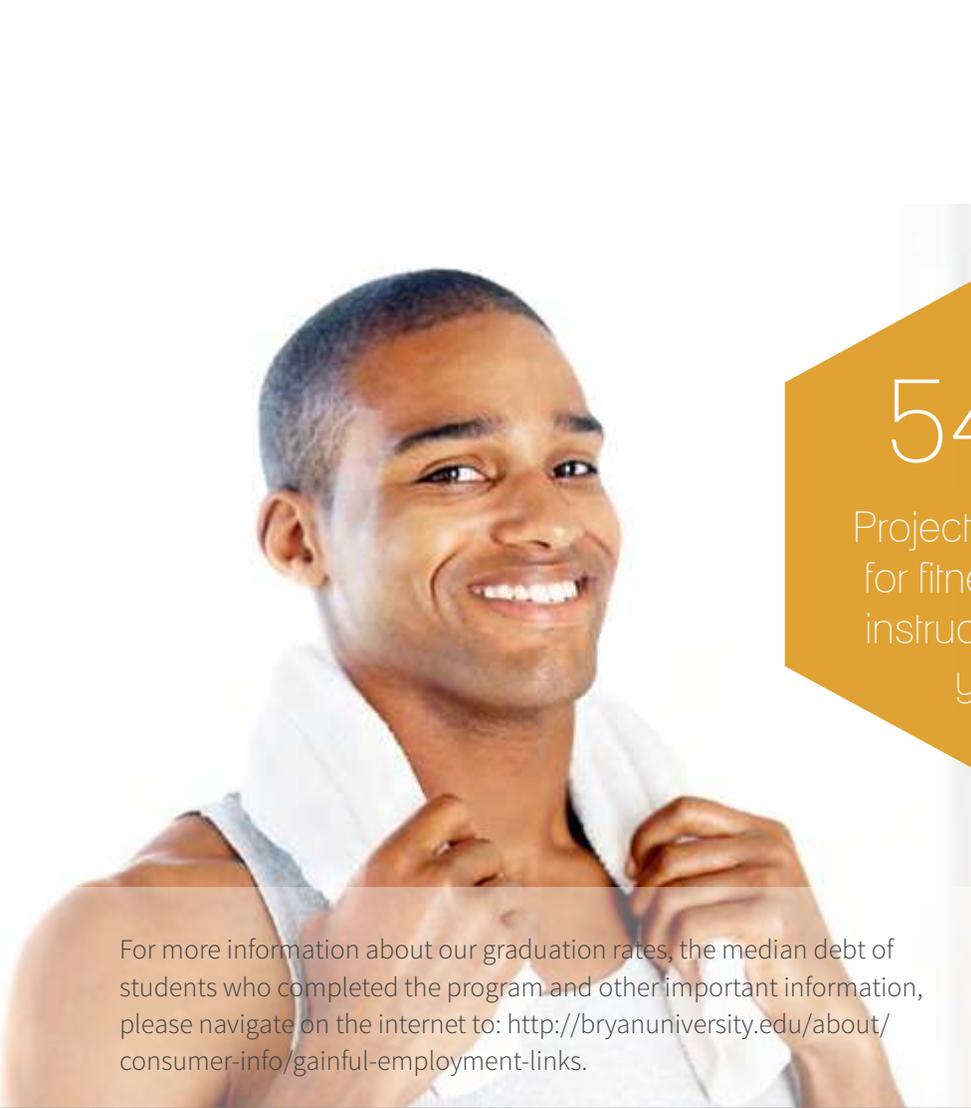
Affordable.

A member of our student finance team will help you put together a financial plan that works for you. Financial aid is available to those who qualify.



“The thing I love most about my career is seeing my clients smile after accomplishing something they never thought possible.”

— Jordin Otis, Bryan U Graduate



54,800

Projected job openings
for fitness trainers and
instructors through the
year 2026.¹

For more information about our graduation rates, the median debt of students who completed the program and other important information, please navigate on the internet to: <http://bryanuniversity.edu/about/consumer-info/gainful-employment-links>.



Advance Your Career—Starting Today

Visit www.BryanUniversity.edu
Call 1-888-860-5614

FINANCIAL AID AVAILABLE FOR THOSE WHO QUALIFY



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