

# Take Your Health & Fitness Career to the **NEXT LEVEL**



**Bachelor's Degree in Professional Fitness  
Training and Exercise Science**



**BRYAN UNIVERSITY**  
FOUNDED 1940

# Career Opportunities are Expanding...

## 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.<sup>1</sup>

Earning your degree now means you'll be ready for the jobs of the future.

## Attractive Career Opportunities

### 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 experience at Bryan University exceeded my expectations and improved my life.”*

– Claire Cielinski, Bryan U Graduate



## A Professional Fitness Training & Exercise Science Program Like No Other

The bachelor's degree was designed by industry leaders based upon current standards outlined by NASM®, ACSM®, and NSCA®, and leverages some of the most innovative curriculum developed by, or in partnership with, Personal Training Academy Global (PTA Global). Your courses include the following competencies:

- Core focus on personal training with specialty populations, corrective exercise, and nutrition
- Advanced techniques for personal training, strength & conditioning, and group instruction
- Team sports coaching and athletic conditioning, including motivation strategies
- Business skills necessary for self-employment, including marketing and leadership
- Nationally-recognized certification preparation

## A Different Approach to Learning

Bryan University focuses on connecting you to the industry in a way that no other program can. Your instructors will be some of the most experienced practitioners in health and fitness, including certified personal trainers, exercise instructors and health and wellness experts. For online students, you'll attend virtual classes where you'll be able to see, hear and interact with your instructors and classmates right from your computer at home.

If you have prior college credit, we'll accept as many credits as possible to validate the hard work you've completed and help accelerate your program.

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

<sup>1</sup>Bureau 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>.

# The Bryan University Difference

**Long-Standing History of Excellence.** We have a 75-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.**

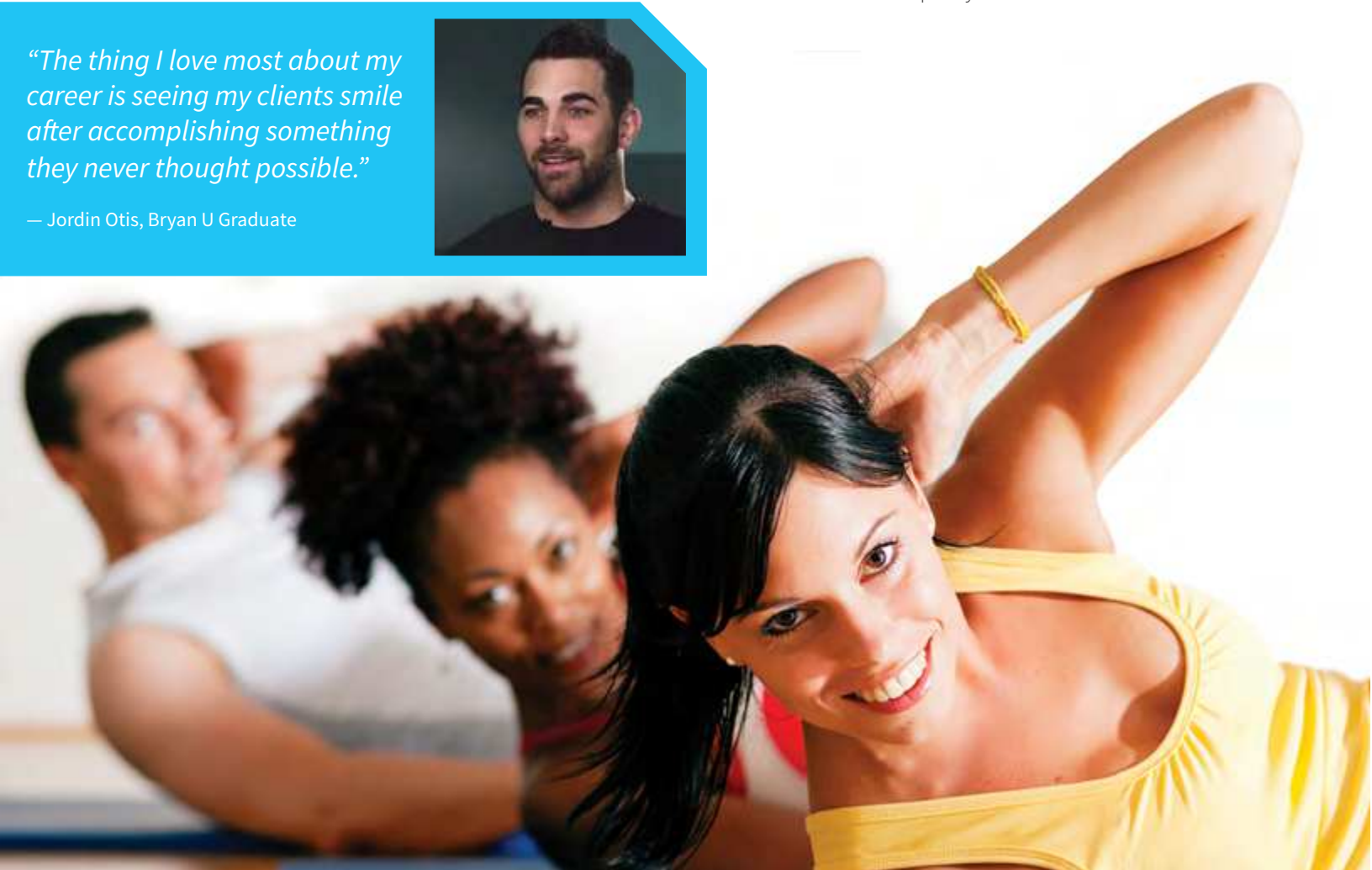
As a Bryan graduate, you'll have the privilege of returning and auditing previously completed courses still being taught—at no charge—to keep your skills and confidence sharp.

**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.<sup>1</sup>

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](http://www.BryanUniversity.edu)  
Call 1-888-860-5614



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Accounting Commission of Certified Schools and Colleges