

A Personal Training Program

**LIKE NO OTHER**



**Personal Trainer Undergraduate Certificate**



**BRYAN UNIVERSITY**  
FOUNDED 1940

# Personal Training and 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 diploma from Bryan University in Personal Training 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.<sup>1</sup>

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

In this growing industry, a diploma from Bryan University can put you on the path to a fulfilling career field. Aside from financial rewards, 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 American College of Sports Medicine (ACSM). Applicants who already hold an ACSM certification or other nationally recognized certification may qualify for transfer credit.

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

**Fitness and Wellness Coordinator** – operate fitness or recreation facilities, conduct surveys and assessments of client satisfaction, and develop and coordinate fitness and wellness programs.

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

## Exceptional Value

Your investment in a Bryan University education provides the following skills and benefits:

- Body sciences, nutrition, and personal trainer certification
- Motivational techniques, goal setting, and long-term sustainability of health habits
- Critical business skills you'll need to set yourself apart
- Cost to take a national certification included in the program tuition
- Cost for all books and courseware included in the program tuition
- Accelerated program so you can start and finish fast – saving you time and money

<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>.

## Attend from the Comfort of Home

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 built a more innovative, interactive learning environment that is personalized to your needs. You'll receive:

- Live webcam interactions with instructors and experts right from home
- Collaborative networking with peers
- Personalized learning using an interactive, adaptive online format
- Performance reports to help you track your progress and stay on top
- Timely, targeted coaching and feedback to help you learn faster and retain more

## Continue to the Bachelor's Degree Level

Once you complete your Personal Trainer Certificate, 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.

### **Lifetime Job Placement Assistance.**

You'll graduate with a diploma targeted for a growing 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

FINANCIAL AID AVAILABLE FOR THOSE WHO QUALIFY



Accredited by **ACCSC**  
Association to Advance Collegiate Schools of Business International