

Career Profile for Strength, Nutrition, and Personal Training

www.mc.maricopa.edu

General Program Description: The **Associate in Applied Science (AAS) in Strength, Nutrition, and Personal Training** prepares students with the knowledge and experience required to be eligible for the American College of Sports Medicine (ACSM) Health and Fitness Instructor Certification, ACSM personal trainer certification, the National Strength and Conditioning Association (NSCA) personal trainer certification, and the American Council on Exercise (ACE) personal trainer certification. This degree will provide students with a stronger educational background making them more marketable in the field of fitness and nutrition

Licensing and Certifications: Certification is very helpful for fitness, aerobics, or any other kind of sports trainer. Applicants for certification often must be 18 years old and CPR certified. Training requirements vary depending on the standards for the type of aerobics class or personal training.

Advancement Options: Experienced fitness trainers and aerobics instructors may become supervisors or managers for an employer. They often oversee the training or aerobics classes offered at a gym or fitness club. A few may eventually open up their own fitness centers.

Projected Job Growth: Public interest in fitness is expected to continue to grow. In part, this growth will come from the baby boomers who are starting to retire. These retirees are expected to be active and want to stay in shape, so many of them will take fitness classes. In addition, businesses are starting to pay for their employees to work out. They do this so that their employees will be more alert and feel better while at work. Businesses may also be able to reduce their insurance payments if their employees are healthier.

Location	Pay Period	Bureau of Labor Statistics - 2006 Salaries*		
		Entry-level	Median	Experienced
United States	Hourly	\$7.15	\$12.46	\$27.29
	Yearly	\$14,900	\$25,900	\$56,800
Greater Phoenix	Hourly	\$5.92	\$8.84	\$17.40
	Yearly	\$12,300	\$18,400	\$36,200
Arizona	Hourly	\$7.94	\$12.95	\$21.17
	Yearly	\$16,500	\$26,900	\$44,000

For more career information for Fitness Workers, visit:
www.bls.gov/oco, www.maricopa.edu/workforce,
<http://www.acinet.org/>, or
www.mc.maricopa.edu/students/career/

For MCC program information, contact
Anita Dusek, 480-461-7551,
Department Secretary, or visit
<http://www.mc.maricopa.edu/dept2/recreation/>

*Labor market information provided by AZ Dept of Economic Security in cooperation with the U.S. Dept of Labor, Bureau of Labor Statistics. Wages will vary depending on the employer, location, hours worked, experience, responsibility and other factors. Career and Re-Entry Services will collaborate with academic and occupational program departments to develop internship and career experience opportunities.

Sample Job Titles: Personal Trainer, Aerobic Instructor, Fitness Trainer

Types of Employers:

Municipalities, Recreational Facilities, Fitness Centers

Local Employers who posted related jobs on the Maricopa Career Network:

Town of Gilbert, YMCA, Pure Fitness, Mountainside Fitness Centers

Professional Associations

National Exercise Trainer Association
<http://www.ndeita.com/>

American Council on Exercise
<http://www.acefitness.org>

For current job openings, go to Maricopa Career Network
<http://mcmaricopa.jobing.com/>.

Fitness Workers Overview At-A-Glance

- Most are certified
- Work for gyms, fitness centers, and sports clubs
- Have a high level of social interaction
- Have good communication skills, especially public speaking
- Many work part-time
www.azcis.intocareers.org

For additional information on Fitness careers or to watch occupational videos, visit:

Arizona Career Information Systems (AzCIS)
www.azcis.intocareers.org
 User name: mesacc; Password: 4azcis02

Career Voyages
www.careervoyages.gov

Internships are supervised practical training in a short-term or temporary position with an emphasis placed on instruction, training, mentoring, networking and gaining applied work experience. These positions may be paid or unpaid. Contact Career and Re-Entry Services for internship information: 480-461-7430.

Internship Completed: _____ Dates: _____ Location: _____

Service-Learning is a teaching and learning method that connects meaningful community service with academic learning through guided reflection. Contact the Center for Service- Learning for more information: 480-461-7393.

Service-Learning Completed: _____ Dates: _____ Location: _____

Transfer Options: Contact Transfer Services for more transfer information: 480-461-7452.

Career Assessments Completed:

Career Assessment / Results	Date Completed	Reviewed by

Career Readiness Workshops / Activities Completed:

Workshop Name / Activity	Date Completed	Follow Up Contact (s)
Resume Writing Workshop		
Resume completed and reviewed by:		
Participate in Mock Interview		
How To Prepare for a Career Fair		
Attend Career Fair / Job Expo Location:		
Joined Professional Association:		

MCC Career and Re-Entry Services
Providing Guidance for Career and Workplace Success

For more Career Profiles, visit

<http://www.mc.maricopa.edu/students/career/careerprofiles.html>

Meet with a Career Advisor in Bldg #36, Room SS5N - adjacent to the Kirk Student Center, 480-461-7430

