Welcome to today’s health-conscious world! People are more interested than ever in losing weight, toning muscle, improving diet and living healthier lives. If fitness is your passion and you enjoy working with people, a career in personal training may be perfect for you. In this exciting and expanding field, you will have an opportunity to design weight-training and nutritional programs, help people gain greater self-esteem and see the results of your skills “take shape” every day.
COURSE TITLE: INTRODUCTION TO PERSONAL TRAINING

COURSE DESCRIPTION
Health Clubs and Personal Fitness are a big business—a $10 billion dollar industry. The number of health enrichment facilities continues to increase at a rapid rate nationally and on Long Island. It’s a continually evolving industry, one that offers a range of potential career opportunities for individuals interested in becoming Fitness Club Training Staff. Personal training is a flexible occupation and allows for quick entry with a high school degree and national certification. Students will learn what it takes to become a health club staff member including personal trainers by learning the interpersonal and technical skills used by professionals in the field. Additionally, they will be able to gain employment while enrolled in the course to allow them to gain experience before receiving their certification.

A personal trainer works one-on-one with a client to develop and implement a fitness training regimen that helps them lose weight, get stronger, improve physical performance or maintain their health. Trainers introduce clients to individualized exercise programs that are based upon their personal goals, skill level and needs. They must keep up with the latest trends and professional recommendations in fitness and nutrition.

COURSE CONTENT
Preparation for Possible Certifications:
• CPR/AED and First Aid
• National Retail Federation Customer Service and Sales Certificate
• Red Cross Life Guard Certification
• ISSA Certification
• Expert Rating Certification

EDUCATIONAL OPPORTUNITIES
Advanced College Standing
Associate Degree
Baccalaureate Degree

CAREER OPPORTUNITIES
Front Desk/Greeter at a Health Club
Health Club Sales Staff
Gym Floor Staff
Aerobics Instructor
Lifeguard

LOCATION
Islip Career Center

Health Science
• Introduction to Personal Training (ICC)
• Certified Personal Trainer (BTC)
• Clinical Medical Assisting (MTC, WTC)
• Dental Chairside Assisting (BTC)
• Nurse Assisting (MTC, WTC)
• Physical Therapy Aide (BTC)
• Practical Nursing (BTC)