

Fitness Trainer

Fitness Trainer

Qualified Federal Financial Aid Program

Students learn skills for employment as a personal trainer, group trainer, weight room coach or manager, aerobics instructor, health and recreation activities director. This course prepares students for the American Council on Exercise Personal Trainer Exam, which is an international certification.

Course	Title	Credits
HPR 102	CPR for Professionals	.5
HPR 108	Dietary Nutrition	1
HPR 178	Seminar: Medical Terminology	2
HWE 100	Human Nutrition	3
HWE 103	Community First Aid & CPR	1
HWE 109	Weight Manage and Exercise	2
HWE 110	Fitness Conditioning & Wellness	2
HWE 111	Health & Fitness	3
HWE 122	Responding to Emergencies	2
HWE 124	Fitness & Wellness	2
MST 105	Lifestyle Wellness	2
PED 110	Fitness Center Activity	1
PED 112	Conditioning Lab	1
PED 115	Body Sculpting and Toning	1
PED 136	Advanced Weight Training	2
PER 275	Special Topics	5*
Total Program Credits		25.5

*Class optional, not part of the program, not included in program cost below

Estimated Program Cost \$2,111.00

Additional material and book fees may apply. Please see advisor for exact costs.

Estimated Completion Time 9 months



- Work in various settings such as health clubs and gyms
- Work as a personal trainer
- Start your own business
- Flexible work hours
- Prepares students for the American Council on Exercise Personal Trainer Exam Certification



1250 Welton Street • Denver, CO 80204
www.EmilyGriffith.edu
 720-423-4700

Register Today!

By Telephone

720-423-4702

In Person

2nd Floor Registration Desk
 1250 Welton Street, Denver

Online

www.EmilyGriffith.edu

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Job Information

RELATED JOB TITLES

Activities director
Aerobics instructor
Cardio rehab tech
Club manager
Customer service, sales
Fitness testing tech
Group trainer
Human performance tech
Nutritional lab tech
Personal trainer
Program designer
Recreational director
Weight-room coach or manager
Weight-room equipment buyer
Wellness facility manager

TRANSFERABLE JOB SKILLS

Coaching skills
Customer service experience
Fitness techniques
Leadership skills

ESTIMATED SALARIES

(Based on Colorado Dept. of Labor Occupational Outlook Handbook)

<u>Job Titles</u>	<u>Hourly Pay</u>	<u>Annual Salary</u>
<i>Fitness Trainer</i>		
Entry Level	\$9.90	\$20,600
Experienced	\$21.06	\$43,810

POTENTIAL EMPLOYERS

Athletic clubs
Cruise ships
Gyms
Health clubs
Individuals who desire to work with a personal trainer
Recreation centers

JOBS ONLINE

Go to the Emily Griffith Technical College web site at <http://careers.egos-school.com>
Select "job links" for a listing of jobs available

REGISTRATION

See Jean Butler, advisor, at the 2nd floor registration area, call 720-423-4717 or email Jean_Butler@dpsk12.org for an appointment.

FINANCIAL AID

Available through the Financial Aid Office.
Call 720-423-4744 for information regarding the types of aid available for this course/program.

START COLLEGE HERE

Transfer up to 42 program credits to a Colorado community college, complete the five required academic courses, and earn an Associate's of Applied Sciences Degree.