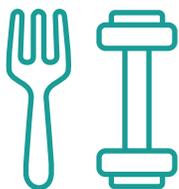


Nutrition and Personal Trainer

INDUSTRY FACTS



What do nutrition and personal trainers do?

Personal trainers and nutrition consultants are an inspiration for those who need help

tweaking their diet and/or developing an exercise routine to meet their individual goals. They lead, instruct, and motivate. Here's a breakdown of their responsibilities:

- Teaching proper fitness and nutrition habits
- Observing clients' exercise routines and tracking their progress
- Developing fitness/meal plans based on client's needs and goals

Where do they work?

Certified personal trainer and nutrition specialists work in a variety of facilities such as health clubs, fitness centers, yoga studios, and even client homes.



How much do they earn?

According to the U.S. Bureau of Labor and Statistics, the average salary for personal trainers is just below \$40,000 per year. Remember that salaries vary based on location, facility, and experience level.

How's the job outlook?

Employment of fitness trainers is projected to grow 13% through 2028, much faster than other occupations. And as businesses (across all industries) start prioritizing health for employees, the need for folks with exceptional knowledge in the field will just continue to grow.

"I was very impressed with what CareerStep had to offer. Affordable pricing for a comprehensive program, combined with the support and flexibility I needed. A perfect choice!"

JESSICA C., CAREERSTEP LEARNER

Nutrition and Personal Trainer

PROGRAM DETAILS

Improve Your Life

When it comes to career training, you'll find a lot of posers out there. Con artists that'll try to impress you with fancy hyperbole. But through all the noise, the distinct sound of success can be heard. Your success. All it takes is a little push. A nudge in the right direction—and your whole life could change. New doors opened. New worlds discovered. New opportunities explored. With CareerStep, it all could happen in as little as 4 months.

Prepare For A Better Job

Healthy habits are hard to develop. Ditching fast food for nutritious greens, throwing heavy things around in the gym or running a mile instead of binge-watching the latest Netflix original series ... The struggle is real. Nutrition and personal trainers provide the motivation people need to get off the couch, start moving, and swap those greasy burgers for salads. And with the right training, you could be the one people turn to when they're ready to make a lifestyle change.

Learn Your Way (From Home)

With online training, you can absorb more knowledge and learn more skills—fast.

- Study on a schedule that fits your life
- Progress at a pace that matches your learning style
- Adjust the time and effort you devote to your coursework each day

Receive Coaching and Guidance

When you train with CareerStep, we back you every step of the way—from enrollment through course completion.

- Learner support
- Technical support
- Career support (interview coaching and resume reviews)

Get Certified

This course prepares learners to take the **ACSM Personal Trainer** certification exam.

Program Modules and Approximate Completion Hours

Nutritional Consultant Curriculum

Introduction to Nutrition for Health, Fitness, and Sports Performance

Healthful Nutrition

Human Energy

Carbohydrates - the Main Energy Food

Fat - Exercise Energy Source

Protein - the Tissue Builder

Vitamins

Minerals

Water, Electrolytes, and Temperature

Body Weight and Composition

Weight Management

Food Drugs and Supplements

Personal Fitness Trainer Curriculum

Introduction to the Field and Profession of Personal Training

The Science of Personal Training

Behavior Modification

Initial Client Screening

Comprehensive Program Design

Types of Training

Program Components and Working with Special Populations

Business and Legal Components

TOTAL HOURS = 475

Didactic, Simulations, and Experiential