

# An Applied Exercise and Fitness Program **Like No Other**



Associate Degree in Applied Exercise and Fitness



BRYAN UNIVERSITY  
FOUNDED 1940

# Fitness Careers are Expanding...

## Career Outlook

Looking for a career where you can stay fit and change lives? A professional fitness and personal training career provides both. It all starts with the right skills, knowledge and credentials, which Bryan University's programs give you. We fast track you to success – so you can launch your career and start making a difference sooner.

## Expanding Careers

Careers for health and fitness professionals, group exercise instructors, and personal trainers are projected to grow faster than average through the year 2031 at a rate of 11 percent or higher with projected job openings of 65,500 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

## Accelerate Knowledge in Cutting-Edge Classrooms

As an online student, you'll experience live, interactive classes where you'll be able to see, hear and interact with your instructors right from your computer at home. You'll also be able to participate in online, collaborative learning with other students, view multimedia presentations of course content, and engage in ongoing forum discussions with instructors and students.

## Attractive Opportunities

A degree in fitness and exercise can put you on the path to numerous jobs in a fulfilling career field. Aside from financial rewards, it's a career where each day provides the opportunity to enhance the health and well-being of others in positions<sup>2</sup> such as:

- Certified Personal Trainer
- Gym Staff Member
- Independent Trainer/Contractor
- Nutrition/Supplement Store Associate
- Fitness/Wellness Coordinator
- Certified Group Exercise Instructor
- Fitness Educator

**The cost to take two certifications for personal training and group exercise are included with the program tuition, along with all your books and courseware!**

## Gain the Skills Employers Need

As a student at Bryan University, you'll attend a top fitness school where you'll gain extensive knowledge in our interactive classrooms from faculty who have real-world industry experience. Your courses will provide:

- An intensive curriculum reviewed annually by industry experts which includes a core focus on exercise science, nutrition, and personal trainer certification.
- Technical fitness knowledge needed to give you an advantage in your career.
- Critical business skills you'll need to succeed in today's competitive environment.

## Dual Enrollment Available

You can enroll in the Personal Trainer Undergraduate Certificate and Associate Degree in Applied Exercise and Fitness concurrently. This means you receive both credentials upon completion of your associate degree program, in addition to any third-party certifications you've completed.

*"The experience at Bryan University exceeded my expectations and improved my life."*

— Claire Cielinski, Bryan U Graduate



## Continue to the Bachelor's Degree Level

Once you complete your associate degree, you may consider continuing your education at the bachelor's degree level. Bryan University offers a renowned Bachelor of Science in Exercise Science, Fitness, and Nutrition Management. With this degree, you'll find additional career opportunities such as:

- Certified Personal Trainer for Specialty Populations
- Fitness Educator
- Sports Performance Coach
- Fitness Studio/Gym Owner
- Exercise Director/Club Manager

# 65,500

**Projected job openings for fitness trainers and instructors through the year 2031.<sup>1</sup>**

## 10 More Reasons to Choose Bryan University

### 1. Tuition Lock Guarantee.

We lock your tuition rate once you enroll, plus your tuition goes down the longer you're in school. Financial aid available if you qualify.

### 2. Books, Courseware, and Certifications Included.

We take care of shipping your textbooks and provide you easy access to electronic courseware. Plus, we help you prepare for nationally-recognized certification exams.

### 3. Focus on Employment.

You'll graduate with a degree targeted for a specific job market and earn skills that match employers' needs.

### 4. Job Search Assistance.

As a graduate, you'll receive career search services, including job networking best practices, sharpening your interview skills, and creating an eye-catching resume.

### 5. Learn by Doing.

You'll develop real-world skills by completing simulated job tasks and using industry technologies.

### 6. Return for Refresher Classes.

As a graduate, you'll have the privilege of auditing previously completed courses still being taught—at no charge—to keep your skills sharp.

### 7. Accelerated Programs.

You can get started – and finish – fast.

### 8. Faculty Who Put You First.

Our faculty provide you with personalized, individual attention and support.

### 9. Welcome Kits Included.

Once you enroll, we provide you a welcome kit package to ensure you're ready to start school.

### 10. History of Excellence.

We have a 83-year track record of preparing graduates for successful careers since 1940.



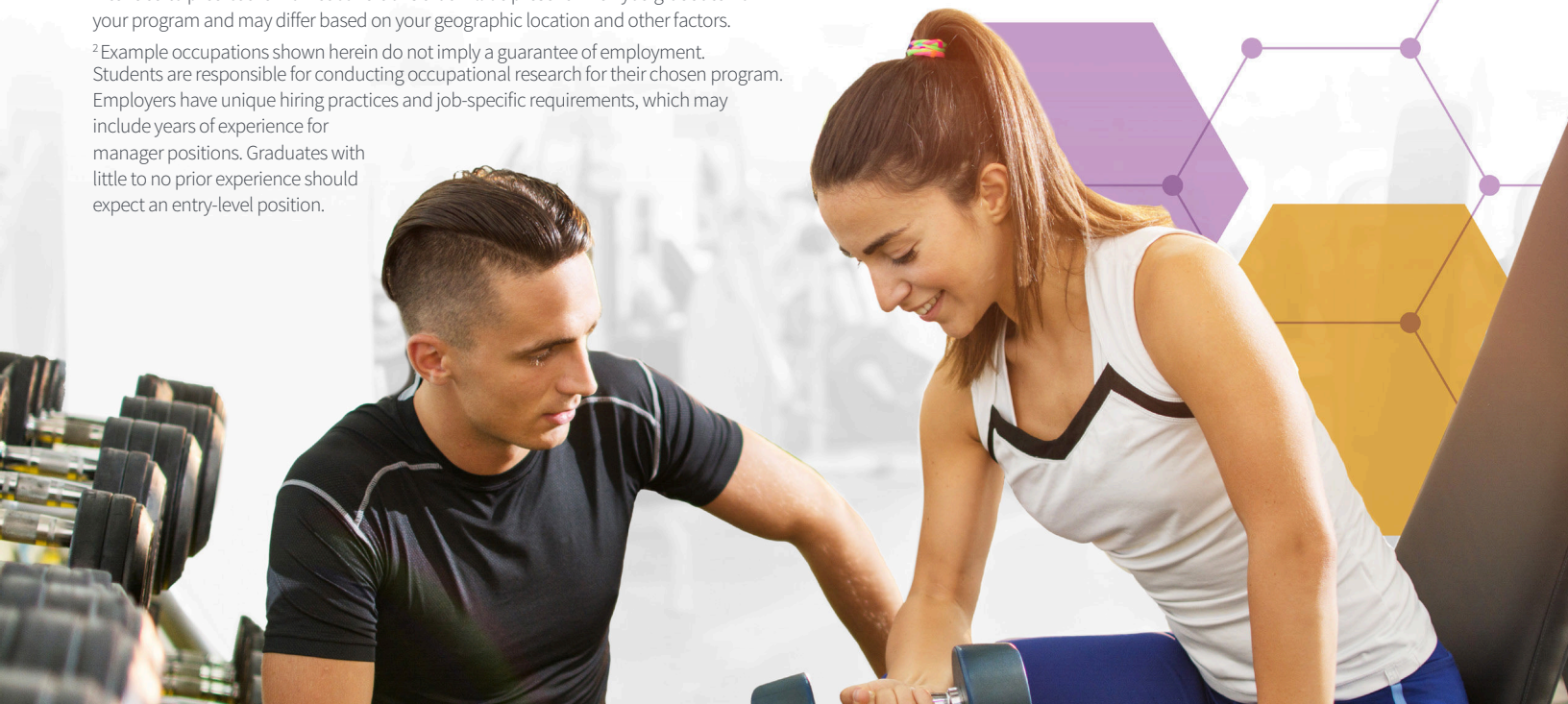
*"The thing I love most about my career is seeing my clients smile after accomplishing something they never thought possible."*

— Jordin Otis, Bryan U Graduate



<sup>1</sup> Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook on the Internet at <http://www.bls.gov/ooh/personal-care-and-service/fitnesstrainers-and-instructors.htm>. Also see <http://www.onetonline.org/link/summary/39-9031.00>. Site visited on 1/20/2023. Job market conditions are dynamic and can change. This data is not intended to predict the market conditions that will be present when you graduate from your program and may differ based on your geographic location and other factors.

<sup>2</sup> Example occupations shown herein do not imply a guarantee of employment. Students are responsible for conducting occupational research for their chosen program. Employers have unique hiring practices and job-specific requirements, which may include years of experience for manager positions. Graduates with little to no prior experience should expect an entry-level position.



# Advance Your Career—Starting Today

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Call 888-768-6861



Financial aid available for those who qualify.



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Accrediting Commission of Career Schools and Colleges

