

# Take Your Health & Fitness Career to the Next Level



**Bachelor's Degree in Professional Fitness Training and Exercise Science**



**BRYAN UNIVERSITY**  
FOUNDED 1940

# Career Opportunities are Expanding...

## Expanding Careers

Careers for health and fitness professionals, group exercise instructors, and personal trainers are projected to grow faster than average through the year 2026 at a rate of 10-14 percent with projected job openings of 55,000 in the US.<sup>1</sup>

Earning your degree now means you'll be ready for the jobs of the future.

## Attractive Career Opportunities

### Certified Personal Trainer for Specialty Populations

– learn advanced training techniques for those with disabilities, chronic disease, injuries, youth, and more. Work in a gym setting, as an independent contractor, or self-employed.

**Fitness Educator** – help students successfully achieve their program requirements and career competencies.

**Sports Performance Coach** – coach a high school sports team or individual athletes by effectively implementing goal-setting, action planning, and communication & motivation strategies.

**Fitness Studio/Gym Owner** – be your own boss and run your own gym or fitness studio by utilizing your business acumen and entrepreneurial skills learned in class.

**Exercise Director/Club Manager** – open doors of opportunity into managerial positions at commercial fitness centers.

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

– Claire Cielinski, Bryan U Graduate



## A Professional Fitness Training & Exercise Science Program Like No Other

The bachelor's degree was designed by industry leaders based upon current standards outlined by NASM®, ACSM®, and NSCA®, and leverages some of the most innovative curriculum developed by, or in partnership with, Personal Training Academy Global (PTA Global). Your courses include the following competencies:

- Core focus on personal training with specialty populations, corrective exercise, and nutrition
- Advanced techniques for personal training, strength & conditioning, and group instruction
- Team sports coaching and athletic conditioning, including motivation strategies
- Business skills necessary for self-employment, including marketing and leadership
- Nationally-recognized certification preparation

## A Different Approach to Learning

Bryan University focuses on connecting you to the industry in a way that no other program can. Your instructors will be some of the most experienced practitioners in health and fitness, including certified personal trainers, exercise instructors and health and wellness experts. For online students, you'll attend virtual classes where you'll be able to see, hear and interact with your instructors and classmates right from your computer at home.

If you have prior college credit, we'll accept as many credits as possible to validate the hard work you've completed and help accelerate your program.

The cost to take two national certifications is included with the program tuition, along with your books and courseware!

<sup>1</sup>Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, 2017-18 Edition, on the Internet at <http://www.bls.gov/ooh/personal-care-and-service/fitness-trainers-and-instructors.htm>. Also see <http://www.onetonline.org/link/summary/39-9031.00>.

# The Bryan University Difference

## 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.

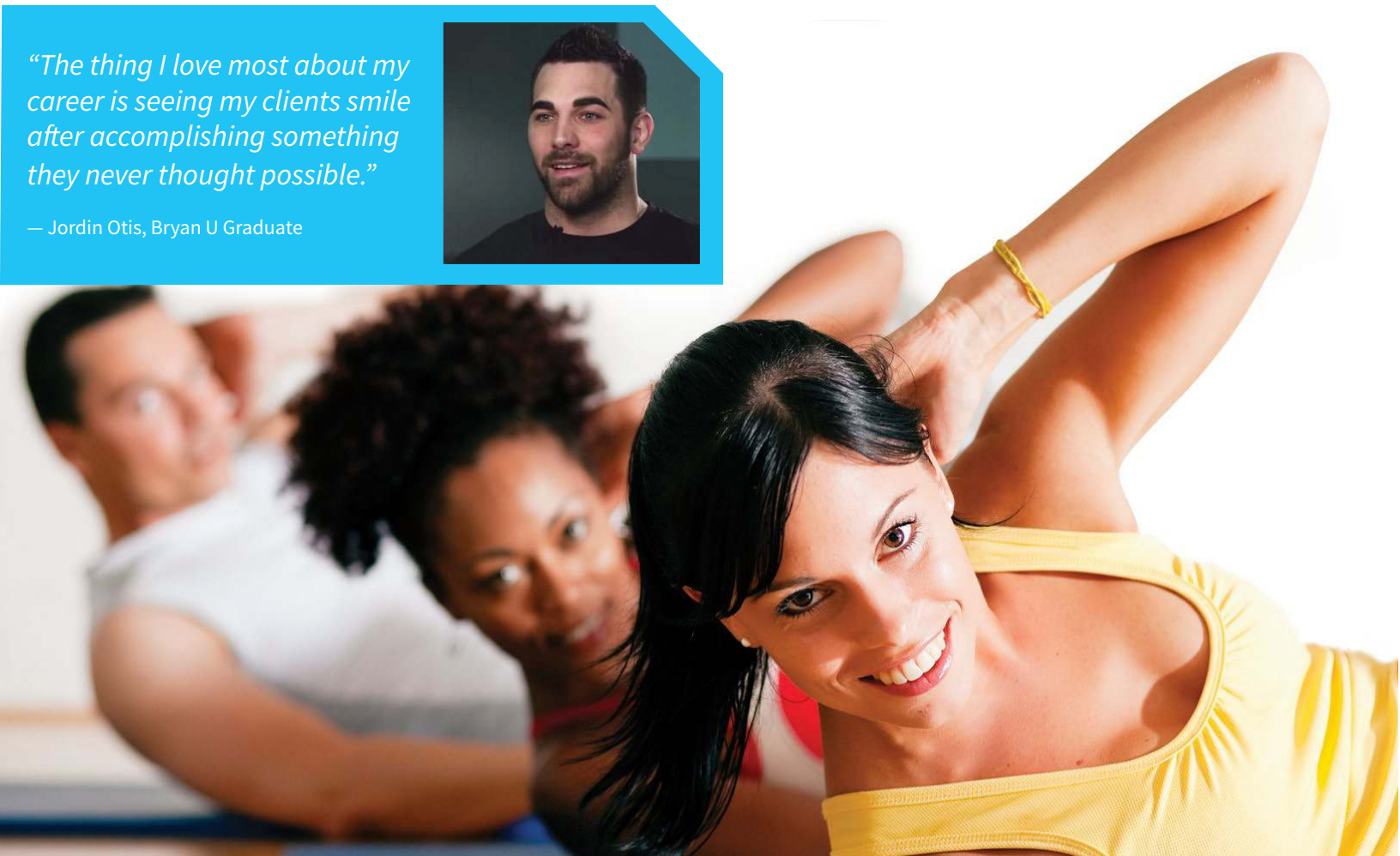
Once you enroll, we provide you a welcome kit package to ensure you're ready to start school.

### 10. History of Excellence.

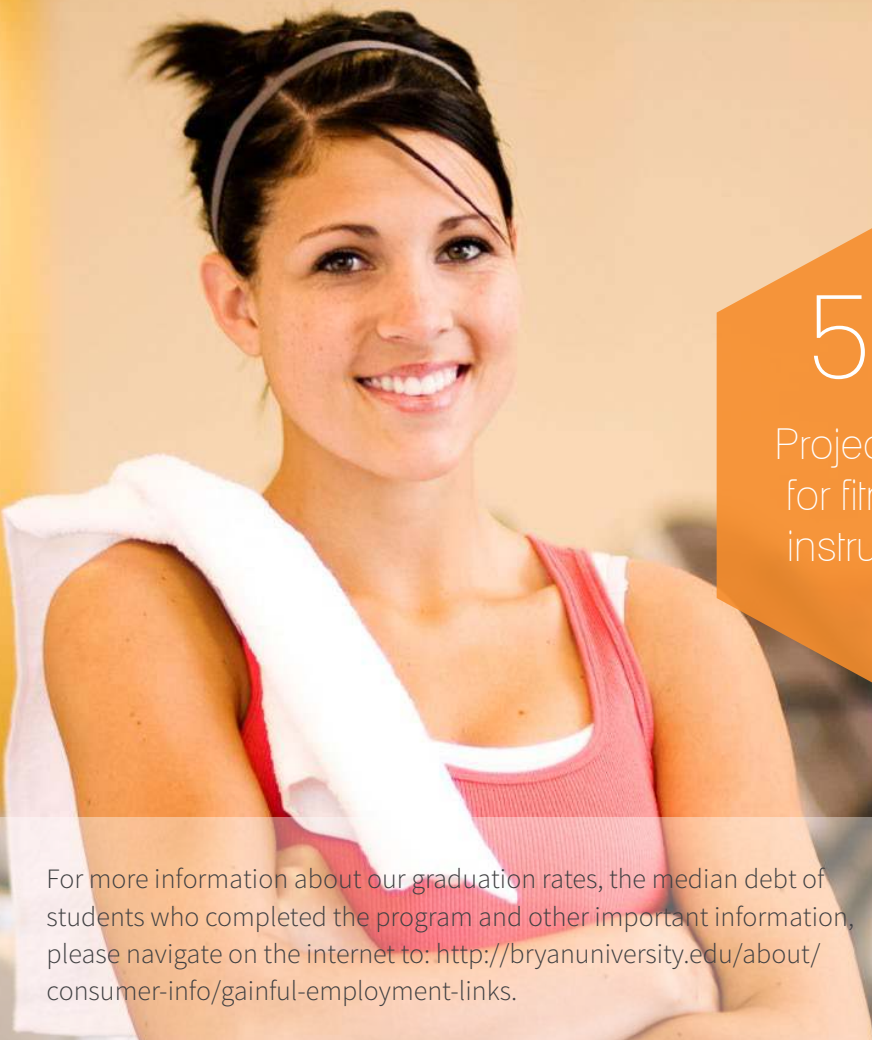
We have a 79-year track record of preparing graduates for successful careers since 1940.

*"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







55,000

Projected job openings for fitness trainers and instructors through the year 2026.<sup>1</sup>

For more information about our graduation rates, the median debt of students who completed the program and other important information, please navigate on the internet to: <http://bryanuniversity.edu/about/consumer-info/gainful-employment-links>.



# Advance Your Career—Starting Today

Visit [www.BryanUniversity.edu](http://www.BryanUniversity.edu)  
Call 888-768-6861



FINANCIAL AID AVAILABLE FOR THOSE WHO QUALIFY

