

Take Your Fitness, Exercise, and Nutrition Career to the **Next Level**



**Bachelor of Science in Exercise Science, Fitness, and
Nutrition Management**



BRYAN UNIVERSITY
FOUNDED 1940

Career Opportunities are Expanding¹...

Expanding Careers

Careers for exercise and fitness professionals, personal trainers, and nutrition coaches are projected to grow much faster than average through the year 2034 at a rate of 7% or higher with projected job openings of 74,200 in the US.¹

Attractive Career Opportunities²

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.

Nutrition Coach – maximize your client’s success by providing nutrition coaching strategies based on food preferences, culture, and physical training demands. Prepare for the Certified Nutrition Coach (CNC) through NASM.

Group Fitness/Exercise Instructor – conduct a safe and effective group exercise class for specialty modalities offered at commercial fitness centers.

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.

Strength and Conditioning Specialist – qualify to sit for the Certified Strength and Conditioning Specialist (CSCS) certification through the National Strength and Conditioning Association (NSCA).

Preparation for NASM’s Certified Nutrition Coach (CNC) included in the program tuition!

Gain the Skills Employers Need

In addition to the skills learned in the Certificate and Associate Degree programs, you'll gain additional skills in Bryan University's Bachelor Degree in Exercise, Fitness, and Nutrition such as:

- Advanced anatomy, physiology, and psychology/motivation
- Advanced health screenings and sports performance assessments
- Ergogenic aids counseling
- Exercise programming for specialty populations
- Rest, recovery, and corrective exercise strategies
- Sports nutrition for athletes
- Business skills necessary for self-employment, including entrepreneurship, marketing, management, and leadership
- Dietary recommendations and nutrition coaching for clients
- Preparation for NASM's Certified Nutrition Coach (CNC) - one exam attempt included in tuition
- Qualify to sit for the Certified Strength and Conditioning Specialist (CSCS) cert. with NSCA

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

— Claire Cielinski, Bryan U Graduate



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.

Graduates are eligible to take the Certified Strength and Conditioning Specialist (CSCS) certification through NSCA!



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.

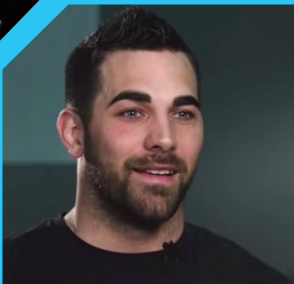
Our faculty provide you with personalized, individual attention and support.

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 86-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



74,200

**Projected job openings
for fitness trainers and
instructors through the
year 2034.¹**

¹Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, Fitness Trainers and Instructors, at <https://www.bls.gov/oh/personal-care-and-service/fitness-trainers-and-instructors.htm> (visited February 9, 2026). Also online at <https://www.onetonline.org/link/summary/39-9031.00>. Note that 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.

²Example 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

Visit www.BryanUniversity.edu
Call 888-768-6861



Financial aid available for those who qualify.



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