

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



Associate Degree in Applied Exercise and Fitness



BRYAN UNIVERSITY
FOUNDED 1940

Fitness Careers are Expanding¹...

Strong Job Outlook

Careers for health and fitness professionals, group exercise instructors, and personal trainers are projected to grow 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

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

The cost to take two fitness certifications are included with tuition!

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 positions² such as:

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

Gain the Skills Employers Need

Bryan University's Associate Degree in Applied Exercise and Fitness includes all the skills from the certificate program while covering additional topics to broaden your industry skill set. You'll learn:

- Anatomy, physiology, kinesiology, and nutrition
- Sales fundamentals & client retention
- Behavior change
- Motivation & goal setting
- Client intake & fitness screenings
- Group exercise instruction
- Weight management, diet, and nutrition
- Cardio-respiratory and flexibility programming
- Building a fitness business
- Gym operations
- Preparation for NASM CPT cert. - one exam attempt included in tuition
- Preparation for ACSM Group Exercise Cert. - one exam attempt included in tuition

Benefits for You - Included in Tuition

As a Bryan University Student, you'll receive valuable benefits that are included in tuition at no extra charge that will build your resume and establish your credibility in the marketplace, including:

- Preparation for the National Academy of Sports Medicine (NASM) certification
- Books, courseware, and software
- A Fitness Kit included for hands-on practice at home that contains a BOSSK Lite Trainer, ProSource Fit Stackable Resistance Band Set, HRM Body Measuring Tape, and a Sequoia Fitness TrimCal 4000 Skinfold Body Fat Caliper



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

74,200

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

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.

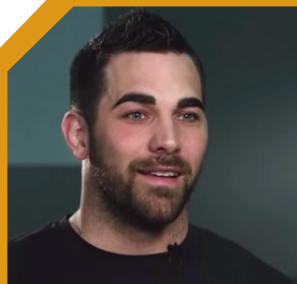
Our faculty provide you with personalized, individual attention and support.

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.

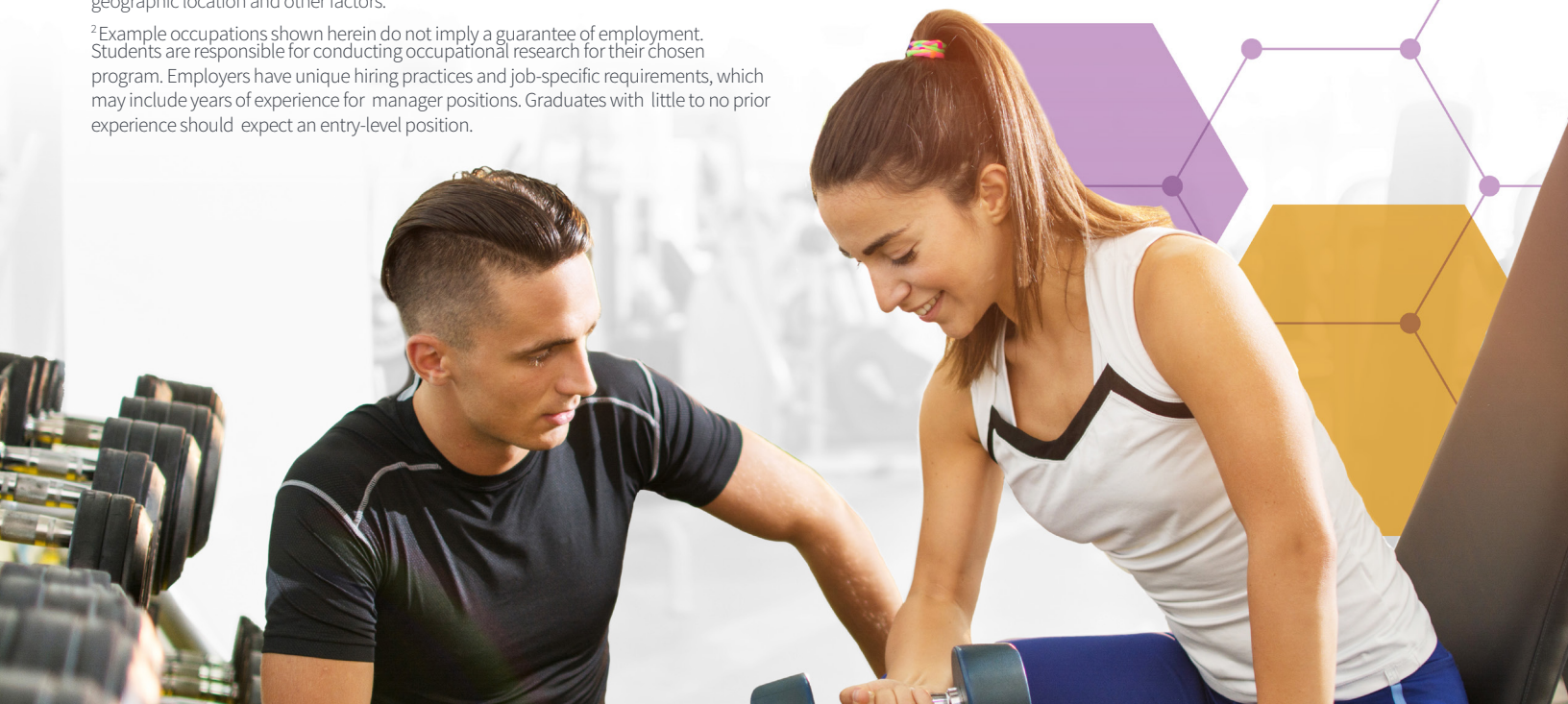


"The thing I love most about my career is seeing my clients smile after accomplishing something they never thought possible."

— Jordin Otis, Bryan U Graduate

¹Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, Fitness Trainers and Instructors, at <https://www.bls.gov/oooh/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.



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Call 888-768-6861



Financial aid available for those who qualify.



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