

# A Personal Training Program **Like No Other**



**Personal Trainer Undergraduate Certificate**



**BRYAN UNIVERSITY**  
FOUNDED 1940

# Personal Training and Fitness Careers are Expanding<sup>1</sup>...

## 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<sup>1</sup>.

# 7% or Higher

## Faster than average projected job growth through the year 2034. <sup>1</sup>

## 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
- Self-employment

## Attractive Opportunities

In this growing industry, a diploma from Bryan University can put you on the path to a fulfilling career field. Aside from financial rewards, 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 and Wellness Coordinator

## Gain the Skills Employers Need

Bryan University's Personal Trainer Undergraduate Certificate gives you the skills employers need, including:

- Anatomy
- Physiology
- Kinesiology
- Nutrition
- Sales fundamentals & client retention
- Behavior change
- Motivation & goal setting
- Sustainability of health habits
- Client intake & fitness screenings
- Design of personal fitness programs
- Preparation for NASM CPT 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:

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



## Attend from the Comfort of Home

At Bryan University, we believe that success in the field of health and fitness training demands a different approach to education. That's why we built a more innovative, interactive learning environment that is personalized to your needs. You'll receive:

- Live webcam interactions with instructors and experts right from home
- Collaborative networking with peers
- Personalized learning using an interactive, adaptive online format
- Performance reports to help you track your progress and stay on top
- Timely, targeted coaching and feedback to help you learn faster and retain more

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

— Claire Cielinski, Bryan U Graduate



## 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.

## 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

## 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. We also 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.

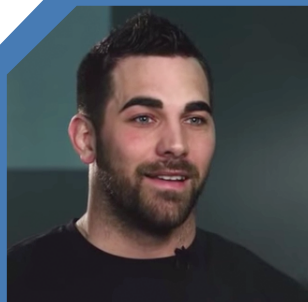
Our faculty provide you with personalized, individual attention and support.

### 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<sup>1</sup>.**

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

<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

Visit [www.BryanUniversity.edu](http://www.BryanUniversity.edu)

Call 888-768-6861



Financial aid available for those who qualify.



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