



CERTIFIED PERSONAL TRAINER

(National Strength and Conditioning Association)

JOB OPPORTUNITIES FOR CERTIFIED PERSONAL TRAINERS

Personal trainers typically work one-on-one with an individual. A personal trainer can be an independent contractor where they go to their clients' homes, be employed by a corporate wellness facility, a for-profit fitness facility or a non-profit, such as a YMCA.

SALARY

Personal trainers typically work one-on-one with an individual and are generally paid by the hour or exercise session. Wages/salaries are highly dependent on geographical location and experience. According to the Ohio Bureau of Labor Statistics, the mean hourly wage is \$14.28 with the mean annual salary being \$29,710.

DIRECTED PRACTICE

Owens Community College offers an on and off-campus directed practice experience that provides 98 hours of professional and hands-on lab and community engagement opportunities to provide active learning to our students. For more information on the directed practice expectations, please contact the program facilitator.

LOCATION

Toledo-area Campus

PROGRAM CURRICULUM

1ST SEMESTER (SUMMER START)

HPE 132	Weight Training	Credits: 1(Lec: 1)
BIO 121	Human Anatomy and Physiology	Credits: 4(Lec: 4)
EXS 101	Intro to Exercise Science	Credits: 3(Lec: 3)

2ND SEMESTER

EXS 201	Health Promotion and Fitness Assessment	Credits: 3 (Lec: 2 Lab: 3)
EXS 205	Exercise Programming	Credits: 3(Lec: 2 Lab: 3)
HSC 260	Personal Wellness	Credits: 3(Lec: 3)
BIO 125	The Science of Nutrition	Credits: 3(Lec: 3)

3RD SEMESTER

EXS 280	Exercise Science Directed Practice	Credits: 2 (Lec: 1 Clinical: 7)
EXS 281	Exercise Science Capstone	Credits: 1(Lec: 1)
EXS 102	Athletic Strength and Conditioning	Credits: 4 (Lec: 3 Lab: 3)
SPE 102	Interpersonal Communication	Credits: 3(Lec: 3)

OWENS.EDU

Office of Admissions

Toledo-area Campus - (567) 661-7777

School of Nursing and Health Professions

(567) 661-2108



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