Fitness Management and Personal Training
I.U. School of Physical Education and Tourism Management

ABOUT THE MAJOR

Fitness Management and Personal Training students gain an in-depth knowledge of movement, physical activity programming, and nutrition. The program is a combination of general and core coursework and includes field internship experience that prepares students for a variety of careers and work environments in the fitness industry. In addition, students are provided with the theory and practical training skills that are needed to be eligible to sit for professional fitness certifications from national organizations such as the American College of Sports Medicine and National Strength and Conditioning Association.

Skills and abilities this major develops includes: knowledge of anatomy, physiology, and nutrition, successful communication skills, ability to think critically and problem solve, management and leadership training, and an understanding of diversity.

OPPORTUNITIES AFTER GRADUATION

Career Opportunities

Employment of fitness trainers and instructors is projected to grow 8% from 2014 to 2024, about as fast as the average for all occupations. As businesses, government, and insurance organizations continue to recognize the benefits of health and fitness programs for their employees, incentives to join gyms or other types of health clubs are expected to increase the need for fitness trainers and instructors (Bureau of Labor Statistics).

Salary Information

According to the Bureau of Labor Statistics, the median annual wage for fitness trainers and instructors in the United States was $38,160 in 2016. In Indiana, the average salary was $34,310 annually.

(This section is intended for informational purposes, not prediction of actual salary.)

Graduate & Professional School Paths

Fitness Management and Personal Training students might pursue advanced degrees in the following areas: Athletic Training, Nutrition, Occupational Therapy, Exercise Science, Biomechanics, and Recreational Therapy.

WHERE TO GET MORE INFORMATION

School of Physical Education and Tourism Management
petm.iupui.edu

National Strength and Conditioning Association
www.nsca.com

American Council on Exercise
www.acefitness.org

Sample Coursework:

- First aid & emergency care
- Nutrition for health
- Structural kinesiology
- Theory and practice of cardiovascular fitness
- Introduction to sport psychology
- Fitness testing & interpretation
- Exercise leadership & program design

Possible Careers:

- Community activity director
- Personal trainer
- Employee wellness director
- Sports performance trainer
- Strength and conditioning coach

Where Could I Work?

- YMCA
- Health and Fitness
- LifeTime Fitness
- Hendricks Regional Health
- Self-Employed

Complementing Interests:

S Social  R Realistic  E Enteringprising

Get your interest code at go.iupui.edu/interests

Have questions for Academic & Career Development? Schedule an appointment:
acd.iupui.edu  (317) 274-4856