

Find Your Future!



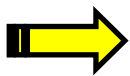
Health, Sport and Exercise Science — Trainer

Triton's Health, Sport and Exercise Science department offers a program that is as diverse as Triton's student body. If you want to major in Physical Education, Health or Exercise Science, want to be involved in sports or are simply interested in keeping fit, you can choose from a variety of transferable credit courses/concentrations.

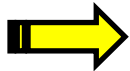
Available 2-Year Degrees include:

- Health, Sport and Exercise Science A.S.

Areas of Degree Concentration include:

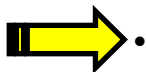


- * Athletic Training Concentration
- * Physical Education/Coaching Concentration
- * Health & Wellness Concentration



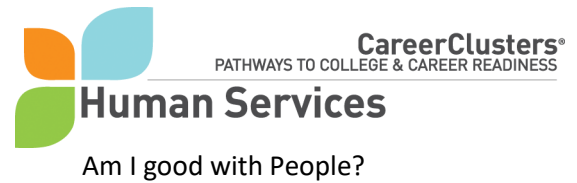
- * Sports Management, Fitness and Recreation Concentration

Triton Certificates include:



- Personal Trainer

Can I See Myself Doing This?



Start your Personal Trainer Certificate

	Course 1	Course 2	Course 3
Course	PED 200 Intro to Biomedics	PED 153 Foundations of Exercise	PED 195 Introduction to Sports Management
Triton Credential	Personal Trainer Certificate	Personal Trainer Certificate	Personal Trainer Certificate
	Health, Sport and Exercise Science A.S. Degree/Athletic Training Con- centration	/ Required Core Class	Health, Sport and Exercise Science A.S. Degree/ Sports Management, Fitness & Recreation Concentra- tion

Get started with the required coursework for Personal Trainer Certificate that qualifies for dual credit!

Q: How does that help me?

A: This means you can request electives at Triton College that will:

1. Earn elective credit at your high school, AND
2. Earn college transcript credit at Triton, AND
3. Complete courses towards the Personal Trainer Certificate at Triton—while you are in high school!
4. Complete coursework towards Health, Sport and Exercise Science A.S. Degree

Ask your counselor about making space in your schedule to take dual credit classes that can help move you closer to your career goals!!

Are you ready to commit to building your future?

Personality

Dependability

Job requires being reliable, responsible, and dependable, and fulfilling obligations.

Self Control

Job requires maintaining composure, keeping emotions in check, controlling anger, and avoiding aggressive behavior, even in very difficult situations.

Concern for Others

Job requires being sensitive to others' needs and feelings and being understanding and helpful on the job.

Integrity

Job requires being honest and ethical.

Cooperation

Job requires being pleasant with others on the job and displaying a good-natured, cooperative attitude.

Source: This information is based on O*NET™ data. O*NET is a trademark registered to the U.S. Department of Labor, Employment and Training Administration.

EARNINGS - Personal Trainer

	Entry	Median	Experienced
Annual Wage	\$22,661.	\$44,985.	\$63,563.
Hourly	\$10.89	\$ 21.63	\$ 30.56

Typical Technology

Accounting software

- Intuit QuickBooks
- MYOB Business Essentials
- Sage 50 Accounting
- Sage Simply Accounting

Calendar and scheduling software

- Appointment scheduling software
- Contemporary Web Plus Appointment-Plus

Data base user interface and query software

- BioEx Systems Exercise Expert
- DietMaster Systems DietMaster ICTraining

Desktop publishing software

Visual Health Information The Trainer's Exercise Toolbox

Electronic mail software

- Email software

What Will Your Story Be?

*"Twenty years from now
you will be more disappointed by the things that
you didn't do than by the
ones you did do."*

Mark Twain

Get Paid To Do What You Love!

Credits:

<https://illinois.virtuallmi.com/vosnet/lmi/profiles/profileDetails.aspx?>

[session=occdetail&valueName=occupation&cbooccupation=39903100&cbooccupationTYPES=12§ion=employmentWage](https://illinois.virtuallmi.com/vosnet/lmi/profiles/profileDetails.aspx?session=occdetail&valueName=occupation&cbooccupation=39903100&cbooccupationTYPES=12§ion=employmentWage)

<https://careertech.org/human-services>



Choose Your Career Path . . .

There are 16 Career Clusters in the National Career Clusters Framework, representing more than 79 Career Pathways to help students navigate their way to greater success in college and career! With so many options to consider, where do you start?

First, take a career assessment at your school, to help narrow down the choices that could be a great fit for you. Then start learning about those careers. What are the opportunities? The work environments?

Next, look at what kind of training you need to prepare for that career. Some positions offer on-the-job training. Others require some type of industry credential. Still others may require a post-secondary certificate or degree. What training do you need **to get the career you want?**

Related Occupation	Median
Occupational Therapy Aides ✨	\$13.96
Physical Therapist Aides ✨	\$13.78

Fitness trainers and instructors lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular exercises (exercises for the heart and blood circulation), strength training, and stretching. They work with people of all ages and skill levels.

- Demonstrate or explain how to perform various exercises and routines to minimize injuries and improve fitness
- Watch clients do exercises to ensure that they are using the correct techniques
- Provide alternative exercises during workouts or classes for different levels of fitness and skill
- Monitor clients' progress and adapt programs as needed
- Explain and enforce safety rules and regulations on sports, recreational activities, and the use of exercise equipment
- Give clients information or resources about nutrition, weight control, and lifestyle issues
- Give emergency first aid if needed

Personal fitness trainers design and carry out workout routines specific to the needs of their clients. They may work with individual clients or teach group classes. In larger facilities, personal trainers often sell their training sessions to gym members. They start by evaluating their clients' current fitness level, personal goals, and skills. Then, they develop personalized training programs for their clients to follow, and they monitor the clients' progress.