



PERSONAL TRAINING & FITNESS

PUBLIC & PROFESSIONAL SERVICES CAREER PATHWAY



GET INTO THE GAME WITH A CERTIFICATE IN THIS ACTIVE FIELD!

If you have a passion for exercise, you can make a difference by helping others be physically fit, an integral component to a healthy lifestyle. Tidewater Community College's personal training and fitness program will give you the skills to be a personal fitness trainer who can lead, instruct, and motivate others to improve their cardiovascular fitness and strength. You will work with people of all ages and skill levels.

The TCC program is based on the standards of the American Council on Exercise (ACE) and prepares you for a career in the fitness industry as a personal trainer working with clients from school-age children to senior citizens. You'll also receive extensive training in anatomy, weight training, nutrition, health, communication, and marketing in this program.

PROGRAM

CAREER STUDIES CERTIFICATE IN PERSONAL TRAINING AND FITNESS

Complete in as few as 2 semesters / 24 credits

The Career Studies Certificate in Personal Training and Fitness is based on the standards of the American Council on Exercise (ACE) and prepares students for a career in the fitness industry as a Personal Trainer working with clients from school-age children to senior citizens. Graduates will assist clients by assisting them in meeting their physical fitness and wellness goals.

TCC, in collaboration with industry leaders, offers an internship program that allows students an opportunity for practical experience in the fitness industry.

This program prepares students for Personal Trainer Certifications through organizations such as the American Council on Exercise (ACE) and the American College of Sports Medicine (ACSM).



TCC FAST FACT

Receive hands-on training with our required internship.

POSSIBLE CAREER PATHS

You can find employment working in gyms, recreation and training centers, or clients' homes.

IS THIS PROGRAM FOR YOU?

Yes, if you:

- have a passion for fitness and health
- enjoy working out
- enjoy motivating others

PROGRAM AVAILABILITY

- Norfolk
- Virginia Beach

Tidewater Community College does not discriminate on the basis of race, sex, color, national origin, religion, sexual orientation, gender identity, age, veteran status, political affiliation, genetics, or disability in its programs or activities. Inquiries related to the college's nondiscrimination policies may be directed to the Associate Vice President of Human Resources, 121 College Place, Norfolk VA 23510, 757-822-1708. Gainful employment consumer information is available at tcc.edu/gainfulemployment.



TIDEWATER COMMUNITY COLLEGE
From here, go anywhere.™

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