

# Careers in Personal Fitness

There are many exciting careers in the field of personal fitness.

Personal trainers should have written policies explaining their services, costs, cancellations, length of contract, and emergency procedures. They should also require a medical clearance form to be completed before they work with individual clients.

## Exercise Physiologist

An exercise physiologist can prescribe exercise programs for cardiac and pulmonary patients referred by physicians. They teach people about the benefits of exercise. Exercise physiologists also evaluate cardiovascular and metabolic effects in people, and help active athletes improve and maintain their health and athletic performance.

Most exercise physiologists hold a master's degree in exercise science and have taken numerous courses in human anatomy and physiology, chemistry, biomechanics, kinesiology, exercise testing and prescription, and sports nutrition. An internship is part of the curriculum.

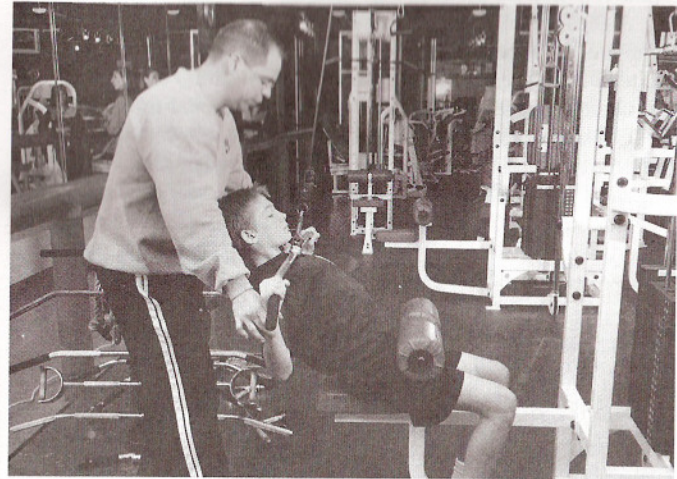
Colleges and universities, rehabilitation clinics, hospitals, sports and athletic programs, and health/fitness facilities hire exercise physiologists. They frequently serve as sports and wellness program instructors and directors, teachers, or academic researchers.

## Personal Trainer

A qualified personal trainer has an education in physiology, health promotion, athletic training, kinesiology, or a similar field. They should hold first-aid and CPR certifications.

Once considered a luxury for wealthy people who needed help keeping up with an exercise routine, personal training has undergone an overall transformation in the past several years, emerging as one of the fastest-growing professions of this decade.

Today, fitness professionals have an in-depth knowledge of anatomy and physiology. Some are even qualified in rehabilitation, nutrition, psychology, and fitness therapies, as well as strength, conditioning, and flexibility programs.



Good trainers have excellent communication skills and can motivate, lead, instruct, and guide their clients to make better decisions regarding their own personal fitness. Some courses can be studied and passed in as little as 25 hours of study, while others can take three to four years to complete.

## Dietician or Nutritionist

To become a dietician, you need a four-year degree in dietetics or nutrition with a nine- to 12-month internship or completion of an undergraduate program that combines classroom and clinical experience.

A certified nutritionist (CN) or certified clinical nutritionist (CCN) has had extensive education and training in nutrition science and has met national testing standards. Both CNs and CCNs work with clients to figure out individual nutritional needs and develop individual nutrition plans. They educate, advise, counsel, monitor, and provide support to their clients. Doctors often refer their patients to nutritionists for dietary counseling.