

FITNESS TRAINER TECHNICIAN

60 credit Associate in Applied Science
available online

THE PROGRAM

The Fitness Trainer Technician program is an Associate in Applied Science (AAS) degree offered on campus or online to provide flexibility for students. The curriculum is built on ACSM standards and combines classroom theory with practical application. Lake Region State College's Fitness Training Technician (FiTT) Program is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP).

WHAT STUDENTS WILL GAIN

- Skills and knowledge needed to work as a personal trainer
- Ability to evaluate and monitor client exercise programs
- Competence in promoting community fitness and health activities
- Instruction techniques for safe equipment use and exercise modifications
- Understanding of current fitness and nutrition research
- Ability to support basic dietary planning within fitness programs
- Knowledge of how to integrate nutrition education into training plans
- Experience applying exercise science principles in real-world settings

CAREER OUTCOMES

Graduates are prepared for careers as personal trainers in fitness centers, health clubs, wellness facilities, community recreation programs, and corporate wellness settings, or through self-employment. Students may also transfer into bachelor's degree programs in exercise science, health and wellness, or related fields, depending on institutional requirements. Additional certificate options at LRSC, including marketing, management, or accounting, may further support business or self-employment opportunities.

ADVISORS/TRIO & POWERSKILLS

LRSC advisors assist students in building class schedules and selecting electives that support transfer pathways and upper-division coursework. TRiO & PowerSkills provide academic support services, including tutoring, advising, study assistance, testing/proctoring, and disability services.

PROGRAM CONTACT

For questions about the Fitness Trainer Technician program at Lake Region State College, contact:

Tammy Riggan
Associate Professor
Tammy.Riggan@lrsc.edu
701.662.1645

STUDENT SUCCESS TIPS



Schedule time with your advisor each semester to stay on track with your degree plan.

Use tutoring and academic support services when needed to build skills in subjects like math.

Join the LRSC FiTT Club to build personal connections, participate in fitness-related activities, and strengthen hands-on skills that support your future in health and wellness careers.



Stay on top of financial aid requirements and important deadlines, and contact the Financial Aid Office with any questions.

Over \$540,000 in scholarships is awarded to students each year. Complete the scholarship application on the LRSC website; one application applies to multiple scholarships, and awards are matched based on eligibility.

FITNESS TRAINER TECHNICIAN

60-CREDIT PROGRAM

First Semester	Credits
ENGL 110: College Composition I	3
HPER 100: Concepts of Fitness and Wellness	3
MATH 103: College Algebra	3
NUTR 240: Principles of Nutrition	3
Elective	3
Second Semester	
COMM 110: Fundamentals of Public Speaking	3
HPER 170: Introduction to Exercise Science	3
HPER 207: Prevention and Care of Injuries	3
HPER 210: First Aid	2
NUTR 260: Nutrition Promotion Strategies	2
Third Semester	
BIOL 220: Anatomy and Physiology I	4
FTT 220: Exercise Prescription	3
FTT 240: Techniques of Fitness Assessment	3
NUTR 270: Nutrition for the Fitness Specialist I	3
PSYC 111: Introduction to Psychology	3
Fourth Semester	
BIOL 221: Anatomy and Physiology II	4
FTT 297: Fitness Trainer Internship	1
HPER 218: Personal Trainer Preparation	3
HPER 225: Fitness Leadership	2
NUTR 271: Nutrition for the Fitness Specialist II	3
SOC 110: Introduction to Sociology	3
Total Credits	60

Students interested in pursuing an Accounting, Management, or Marketing certificate to complement the FiTT degree should work with their advisor to choose electives that meet the certificate requirements.

Accounting Certificate: 15 credits

ACCT 207: Managerial Accounting
 ACCT 211: Financial Forecasting & Budgeting
 ACCT 218: Computer Applications in Business
 ACCT 231: Income Tax Procedures
 BUSN 254: Financial Statement Analysis

Marketing Certificate: 15 credits

BADM 201: Principles of Marketing
 BADM 210: Advertising I
 BADM 240: Sales
 BADM 260: Principles of Retailing
 BADM 265: Digital Marketing

Management Certificate: 15 credits

BUSN 170: Entrepreneurship
 BADM 201: Principles of Marketing
 BADM 240: Sales
 BADM 241: Sales Management
 BADM 280: Personnel Management