

# FITNESS TRAINER TECHNICIAN

61 credit Associate in Applied Science  
*available online*

## THE PROGRAM

The Fitness Trainer Technician program is an Associate in Applied Science (AAS) degree available on campus or online to maximize access and flexibility for students. The program is built on ACSM Standards and provides courses that include both theory and practical application. They will provide you with the skills, knowledge, and abilities necessary for working as a personal trainer.

The Fitness Trainer Technician program is designed to meet the following objectives:

- Promote recreational fitness/health activities in the community.
- Assess fitness levels through evaluating, recommending, and monitoring client exercise programs.
- Incorporate nutrition education effectively into a physical fitness plan to assist clients in changing behavior.
- Instruct clients in different activities by describing/demonstrating the safe use of equipment, body mechanics/modification strategies.
- Provide leadership by serving as a role model, establishing program direction and maintaining professional ethics.
- Stay on the leading edge of current nutrition/physical fitness research.
- Be skilled in assisting clients in implementing a basic dietary plan and understand how to use this skill to enhance their employer's services.

## ADVISORS/TRiO & PowerSkills

Knowledgeable advisors will help you create a class schedule and choose electives to build strong foundations for upper division coursework and to meet transfer requirements.

TRiO & PowerSkills is an **advising, tutoring, and proctoring resource for everyone**, as well as disability services.

## A FULLY ACCREDITED PROGRAM

Lake Region State College's Fitness Training Technician (FiTT) Program is accredited under the Commission on Accreditation of Allied Health Education Programs (CAAHEP).

## CHOOSE YOUR PATH

If you want to enter a 4-year college or university after LRSC, you should do your research.

- Gather catalogs from your 4-year choice schools.
- You and your advisor can create a course plan.
- Work with your advisor to meet prerequisites with your electives for the AA or AS degree.
- Check with Student Services about transfer agreements LRSC has with your 4-year choice.

According to the Bureau of Labor Statistics, students may want to consider earning a bachelor's degree in exercise science, physical education, kinesiology, or related area, in addition to experience in management positions in a health club or fitness center. We recommend that you complete the Associate in Arts (AA) degree in addition to your AAS in Fitness Trainer Technician.

## TIPS FOR STUDENT SUCCESS



1. GET ACQUAINTED WITH YOUR ACADEMIC ADVISOR during the first two weeks of school. Your advisor will help you select courses that meet core requirements and also support your transfer.



2. SCHEDULE TIME WITH YOUR ADVISOR immediately after term schedules is published to choose courses for upcoming semesters.



3. SAVE MONEY BY CARRYING A HEAVIER COURSE LOAD. Discuss with your advisor if a heavy course load works for you and your schedule. (Tuition & fees cap at 12 and 16, respectively. Other fees may apply and online courses are not included.)



## CAREER OPTIONS

Program graduates will enter the workforce and play an invaluable role in promoting healthy living by advocating for proper nutrition and increased physical activity. **The Fitness Trainer Technician program is the only nationally accredited online program of its kind.**



**\$35K**  
MEDIAN WAGE

## STUDENT FOCUSED

LRSC is ranked among the best community colleges by BestColleges and CourseAdvisor 2021. Our students receive individualized support and have access to a variety of support services to help achieve their academic goals.



**14:1**  
STUDENT: FACULTY  
RATIO

## SCHOLARSHIPS

LRSC offers a range of scholarships to our students. Scholarships are funded by the LRSC Community College Foundation through contributions including our alumni, faculty and staff, community organizations, and many businesses and corporations.



**300K**  
AVAILABLE IN  
SCHOLARSHIPS

ASSOCIATE IN APPLIED SCIENCE – FALL 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
COMM 110: Fundamentals of Public Speaking	3
UNIV 101: Introduction to College Life	1
SPRING SEMESTER	
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
Elective	3
FALL SEMESTER	
BIOL 220: Anatomy and Physiology I	4
FTT 220: Exercise Perscription	3
FTT 240: Techniques of Fitness Assessment	3
NUTR 270: Nutrition for the Fitness Specialist I	3
PSYC 111: Introduction to Psychology	3
SPRING 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
<b>Total AAS Credits</b>	<b>minimum 61</b>

Lake Region State College is an equal opportunity institution that does not discriminate on the basis of race, color, gender, national origin, age, religion, sexual orientation, or disability in its admissions, student aid, employment practices, education programs or other related activities. Inquiries concerning Title VI, Title IX, and Section 504 may be referred to Sandi Lillehaugen, Title IX Coordinator, Lake Region State College, (701) 662-1543 or the Office of Civil Rights, US Department of Education, 500 W Madison St Suite 1475, Chicago, IL 60661. Gainful Employment information is available at [LRSC.edu/consumer-information](http://LRSC.edu/consumer-information).

For more information on the Fitness Trainer Technician program, please contact Tammy Riggin, [Tammy.Riggin@lrsc.edu](mailto:Tammy.Riggin@lrsc.edu) or visit [www.lrsc.edu](http://www.lrsc.edu)