

Nutrition and Personal Trainer

INDUSTRY FACTS



What do nutrition and personal trainers do?

Personal trainers and nutrition consultants are an inspiration for those who need help

tweaking their diet and/or developing an exercise routine to meet their individual goals. They lead, instruct, and motivate. Here's a breakdown of their responsibilities:

- Teaching proper fitness and nutrition habits
- Observing clients' exercise routines and tracking their progress
- Developing fitness/meal plans based on client's needs and goals

Where do they work?

Certified personal trainer and nutrition specialists work in a variety of facilities such as health clubs, fitness centers, yoga studios, and even client homes.



How much do they earn?

According to the Bureau of Labor Statistics, the average salary for personal trainers is over \$46,180 per year.* Remember that salaries vary based on location, facility, and experience level.

*Bureau of Labor Statistics, U.S. Department of Labor. "Fitness Trainers and Instructors." Occupational Outlook Handbook. Accessed April 22, 2025.

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PROGRAM DETAILS

Prepare For A Better Job

Healthy habits are hard to develop. Ditching fast food for nutritious greens, throwing heavy things around in the gym or running a mile instead of binge-watching the latest Netflix original series ... The struggle is real. Nutrition and personal trainers provide the motivation people need to get off the couch, start moving, and swap those greasy burgers for salads. And with the right training, you could be the one people turn to when they're ready to make a lifestyle change.

Learn Your Way (From Home)

With online training, you can absorb more knowledge and learn more skills—fast.

- Study on a schedule that fits your life
- Progress at a pace that matches your learning style
- Adjust the time and effort you devote to your coursework each day

Receive Coaching and Guidance

When you train with CareerStep, we back you every step of the way—from sign-up through course completion.

- Learner support
- Technical support

Get Certified

ACSM Personal Trainer

Sit for the ACSM Personal Trainer certification exam and you'll have the knowledge you need to help others improve their lives.

Certified Nutrition Specialist

Sit for the AASDN Certified Nutrition Specialist exam, widely considered to be the most advanced credential for personal nutrition professionals.

Program Outline

Program Orientation: Nutrition and Personal Trainer

Foundations of Health and Fitness

The Human Body

Health Promotion and Behavior

Foundations of Nutrition

Communication and Customer Service in the Healthcare Office

Coaching Methods and Applications

Personal Training

Special Population & Human Behavior

Comprehensive HIPAA

Conduct and Core Competencies of Coaching

Program Completion: Nutrition and Personal Trainer
