

# A Health Fitness Training Program **Like No Other**



**Health Fitness Trainer Diploma Online**

# The Health and Fitness Industry is Growing...

## Convert Your Healthy Lifestyle into a Professional Fitness Career

The benefits of living a healthy lifestyle are numerous and converting your passion for exercise and fitness into a career is yet another reward. A diploma from Bryan College in Health Fitness Training will prepare you for a fulfilling career in a growing industry.

## Expanding Job Market

Jobs for fitness trainers and exercise instructors are expected to increase 7.9 percent through the year 2028.<sup>1</sup>

Bryan College can *fast-track* you to success, giving you the education, skills, and confidence to qualify for a great job in less than a year!

## Attractive Career Opportunities

A Health Fitness Training (HFT) diploma from Bryan College can put you on the path to varied job opportunities<sup>2</sup> in a rewarding field such as:

- Certified Personal Trainer
- Gym or Studio Staff Member
- Independent Trainer/Contractor
- Nutrition/Supplement Store Associate
- Fitness and Wellness Coordinator
- Fitness Instructor

## Diverse Employers

Health and fitness professionals have a range of opportunities for employment such as:

- Gyms and fitness facilities
- Corporate fitness centers
- Rehabilitation centers
- Self-employment

**The cost to take a national certification through the National Academy of Sports Medicine (NASM) is included with the program tuition!**

## Gain Extensive Knowledge and Skills to Succeed

As a student at Bryan College, you'll attend a top health fitness training school where you'll gain extensive knowledge and experience with a curriculum including:

- Core focus on anatomy, physiology, and kinesiology
- 160 hours of hands-on practical experience
- Personal and group exercise training for general and specialty populations
- Resistance, cardiorespiratory, and flexibility training
- Nutrition and weight management instruction
- Business, finance, and marketing skills
- Clinical training for medical considerations
- National certification test preparation for NASM (National Academy of Sports Medicine) - one exam attempt included in tuition

**“I really enjoyed continuing my education in the Advanced Health & Fitness Training program at Bryan College. Our instructors always made class fun and interactive with real-life case studies to prepare us for our career.”**

**– Jackel, HFT Graduate**



## Fitness Kit for At-Home Practice Included!

### Attend from the Comfort of Home - 100% Online

At Bryan College, we believe that success in the field of health and fitness training demands a different approach to education. That's why we built a more innovative, interactive learning environment that is personalized to your needs. You'll receive:

- Live webcam interactions with instructors and experts right from home
- Collaborative networking with peers
- Personalized learning using an interactive, adaptive online format
- Performance reports to help you track your progress and stay on top
- Timely, targeted coaching and feedback to help you learn faster and retain more

### Job Placement Preparation and Assistance

Bryan College's Career Services department will provide you assistance with job search, resume preparation, and interviewing skills. You can begin working with career services prior to graduation to ensure you are fully prepared upon completion.

## 10 More Reasons to Choose Bryan College

### 1. Tuition Lock Guarantee.

We lock your tuition rate once you enroll, which means it can never go up! Financial aid available if you qualify.

### 2. Books, Courseware, and Certifications Included.

We take care of shipping your textbooks, if applicable, and provide you easy access to electronic courseware. We also prepare you for national certification exams, with your first exam attempt included in tuition!

### 3. Focus on Employment.

You'll graduate with a degree targeted for a specific job market and earn skills that match employers' needs.

### 4. Job Search Assistance.

As a graduate, you'll receive career search services, including job networking best practices, sharpening your interview skills, and creating an eye-catching resume.

### 5. Learn by Doing.

You'll develop real-world skills by completing simulated job tasks and using industry technologies.

### 6. Return for Refresher Classes.

As a graduate, you'll have the privilege of auditing previously completed courses still being taught—at no charge—to keep your skills sharp.

### 7. Accelerated Programs.

You can get started – and finish – fast. We also pre-register you so there are no waiting lists.

### 8. Faculty Who Put You First.

Our faculty provide you with personalized, individual attention and support.

### 9. Career Kits Included With Program.

Once you enroll, we provide you a career kit package to ensure you're ready to start school and get a jump-start with the tools to ensure your success.

### 10. History of Excellence.

We have a 83-year track record of preparing graduates for successful careers since 1940.





## Upgrade to an Associate or Bachelor's Degree Online

Bryan College partnered with Bryan University Online so you can receive transfer credit for your HFT Diploma towards a degree program at Bryan University.

You'll have the option of earning an Associate Degree in Applied Exercise & Fitness and a Bachelor's Degree in Exercise Science, Fitness, & Nutrition Management.

Both degrees are offered 100% online, provide discounted tuition rates for HFT graduates, plus you'll earn more certifications through NASM, all included in tuition!

# 7.9%

**- The increase in job openings in Canada for fitness trainers and exercise instructors projected through the year 2028.<sup>1</sup>**

# Advance Your Career—Starting Today

Visit [www.BryanCollege.ca](http://www.BryanCollege.ca)  
Call 1-888-641-6300

<sup>1</sup>Lightcast Occupation Overview for leaders and instructors in sports and fitness in Canada. Last visited on December 6, 2022.

<sup>2</sup>Example occupations shown herein do not imply a guarantee of employment. Students are responsible for conducting occupational research for their chosen program. Employers have unique hiring practices and job-specific requirements, which may include years of experience for manager positions. Graduates with little to no prior experience should expect an entry-level position.

Financial assistance available for those who qualify. Registered as a private career college under the Private Career Colleges Act, 2005.