

BryanCollege

Since 1940



Health Fitness Training Diploma Online

The Health and Fitness Industry is Growing¹...

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.

Expanding Job Market

Jobs for fitness trainers and exercise instructors are expected to increase 12.9 percent from 2024 through the year 2031.¹

Bryan College can give you the education, skills, and confidence to qualify for a great job in less than a year!

Career Opportunities

A Health Fitness Training (HFT) diploma from Bryan College can put you on the path to varied job opportunities² 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!

Skills You Learn

As a student at Bryan College, you'll gain the following skills with a curriculum including:

- Personal Training & Sales Fundamentals
- Body Sciences
- Client Intake & Assessment
- Programming Basics
- Nutrition Fundamentals
- Behavior Management
- Exam & Career Preparation

"By completing the health fitness trainer program, I know I will always have this strong foundation."

- Sami, HFT Graduate



At Bryan College, we believe that success in the field of health and fitness training demands a different approach to education. In our online learning environment you'll receive:

- ## Job Placement Preparation and Assistance

10 More Reasons to Choose Bryan College

We provide you with the learning resources and support so you'll gain job-ready skills and confidence.

You'll graduate with a credential and earn skills that match employers' needs.

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

You'll develop skills by completing relevant assignments.

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

You can study from the comfort of your home.

Our faculty provides you with academic support.

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.

We have an 84-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!

12.9%

- The increase in job openings in Canada for fitness trainers and exercise instructors projected through the year 2031.¹

Advance Your Career—Starting Today

Visit www.BryanCollege.ca
Call 1-888-641-6300

¹Lightcast Occupation Overview for leaders and instructors in sports and fitness in Canada. Last visited on December 15, 2023.

²Example 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 career college under the Career Colleges Act, 2005.