

## Personal Trainers Put Clients on the Path to Health and Wellness

---

Personal trainers work on-on-one with clients to define fitness and wellness goals and design customized exercise or nutrition plans. Personal trainers enjoy flexible hours and energetic work environments including gyms, corporate fitness centers, and resorts.

UNLV Continuing Education prepares aspiring personal trainers to take the National Academy of Sports Medicine (NASM) Certified Personal Trainer exam as well as specialization exams in fitness nutrition and corrective exercise. Certificate programs combine classroom instruction, a concurrent online component, and mandatory hours working with clients. Sessions are offered throughout the year; check the online catalog for upcoming dates.

**NASM Personal Fitness Trainer:** Improve clients' physical fitness and athletic performance. Course covers basics of human movement, resistance training, flexibility, cardiovascular training, balance, core strength, reactive training, speed, agility, and quickness.

**NASM Essentials of Corrective Exercise Training:** Help clients correct muscle imbalances, improve range of motion, eliminate inefficient movements, and reduce potential for injury using an evidence-based approach.

**NASM Fitness Nutrition Specialist:** Help clients understand the interplay between caloric needs, physical activity, metabolism, and food choices for athletic performance or weight loss.

### Contact Us:

Reach UNLV Continuing Education at **702-895-3394** or [continuing.education@unlv.edu](mailto:continuing.education@unlv.edu). Course schedules and registration details are at [ced.unlv.edu/catalog/nasm-certifications](http://ced.unlv.edu/catalog/nasm-certifications).



*The Bureau of Labor Statistics groups personal trainers and group fitness instructors together for the purpose of salary analysis. Median pay in 2012 for this category was \$15.25 per hour, or \$31,720 annually. Salaries increase with additional experience and certifications.*

---