Personal trainers work one-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 or the Certified Nutrition Coach exam. The programs combine classroom instruction and a concurrent online component. Course fees include certification exam registration.

**NASM Personal Fitness Trainer**
Personal trainers 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 Certified Nutrition Coach**
Nutrition coaches help clients understand the interplay between caloric needs, physical activity, metabolism, and food choices for athletic performance or weight loss. You will learn strategies to help clients make new nutrition habits a permanent part of their lifestyle. Curriculum is being revised as of April 2019. Please see website for updates as they become available.

**Schedule & Registration**
Course descriptions, schedules, and registration are online at ced.unlv.edu/personal-training.

**Contact Us**
Reach UNLV Continuing Education at 702-895-3394 or continuing.education@unlv.edu.

**Nevada Employment Outlook:**
Median pay in 2018 for fitness trainers and group fitness instructors in Nevada was $41,120 annually. Salary increases with additional experience and certifications.

www.bls.gov/oes/current/oes399031.htm#st