

PERSONAL TRAINING PROGRAM OF STUDY

Program Description			Grade	Courses
Personal Training	CTE Pathway	Students will explore personal training, trainer/client relationships, and professional issues as well as multiple techniques to promote healthy lifestyles including physical fitness and good nutritional planning. Industry certifications in personal training and CPR will be offered to students enrolled in this program, increasing their hiring potential. Students in this program are prepared to pursue careers as personal trainers, dieticians, athletic trainers, and physical therapists.	9	Career and Financial Management
			10	Intro to Personal Training
			11	Intermediate Personal Training
			12	Advanced Personal Training

COLLEGE AND CAREER OPTIONS	
Career	New York State College Options
Fitness Trainer/Instructor	SUNY College at Cortland Daemen College Canisius College D'Youville College University at Buffalo Houghton College Syracuse University
Athletic Trainer	
Physical Therapist	
Recreation Worker	
Exercise Physiologists	