

Personal Training





“I was looking for a career in the sports or fitness industry, I found the Personal Training Certification Program at CGSF and enrolled in several of the classes. The instruction has been excellent and I am excited to complete the program and start my Career.”

— Wilson Johnson



About the Personal Training program at CGSF

Build the foundational skills you need to design and implement superior fitness programs aligned with current industry best practices. Learn about basic exercise science, health and wellness, nutrition, fitness testing & health assessment, flexibility, strength development, CPR/AED, and more. You'll work closely with faculty/coaches along the way, leading fitness training sessions, performing fitness assessments, and developing exercise programs.

Why Choose Our Program

Our program offers skill-based instruction that transcends industry standards and employment requirements, preparing students for well-paying jobs or further educational opportunities.

- Our program prepares students for industry standard national certification examinations.
- The coursework sets the stage for the Kinesiology A.A. Degree for transfer (to a four-year college or university), which students could earn by completing additional science and GE courses.
- Top Bay Area gyms look to our program grads for internship & job opportunities.

Available Resources

Students can access scholarships and other resources for success via our partnership with the American College of Sports Medicine (ACSM). Funding is available for students to take the ACSM Certified Personal Trainer (CPT) exam at no cost.

Program Certificate

- Certificate of Achievement: Personal Training

Learning Outcomes

1. Apply basic exercise science knowledge and skills to fitness training design
2. Design personal health & wellness programs
3. Demonstrate proper execution of resistance, cardiovascular and flexibility exercises
4. Integrate current best practices in fitness assessment and training

Your Future

Our graduates have gone on to exciting, well-paying jobs like:

- Fitness & Wellness Coach
- Personal Trainer*
- Fitness Instructor
- Strength & Conditioning Coach
- Corrective Exercise Specialist
- Sport Coach

*Entry-level Bay Area personal trainers earn on average \$50K per year. More experienced trainers can make considerably more!



Take the Next Step!

Interested in learning more about our program? Please contact us.

CONTACT INFORMATION

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VISIT OUR WEBSITE



 ccsf.edu/degrees-certificates/personal-training-program

About CCSF Office of Workforce Development

For upcoming events, contact information, links to online career resources, and information about CCSF's specialized workforce initiatives, visit ccsf.edu/CE.

Above: Detail of Diego Rivera's *Pan American Unity* mural.

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