

**BE MOVED**

# School of Health & Wellness





# About the School of Health & Wellness

Have you experienced your own health transformation in life? Maybe you're passionate about helping others become their best through the positive impact of health and wellness. Regardless of what inspires you, at Bryan University you have the opportunity to inspire others through a successful fitness career through the School of Health & Wellness.

# What is the School of Health & Wellness at Bryan University?

The [School of Health & Wellness](#) encompasses three degree programs at Bryan University.

- Earn a Personal Trainer Diploma to earn an education that helps individuals reach their fitness goals.
- Go for an Exercise Specialist Associate in Applied Science Degree offers more advanced training beyond a personal trainer diploma.
- Earn a Bachelor of Science in Exercise, Nutrition, and Health Promotion for a well-rounded education.

Our programs are designed to give you a strong foundation of health and wellness knowledge. We'll prepare you for the personal trainer certification exam, so you can move forward with your fitness career and apply your skills to the real world.

As An American Council on Exercise, or ACE, Education Partner, Bryan University is focused on providing industry training that prepares you for national certification and a career in the field of health and wellness.

And at Bryan University, your high-quality training can turn into a high-quality career.

## **PERSONAL TRAINER**

Personal trainers help individuals with customized workout routines and physical activities that improve their health while enabling them to reach their fitness goals. Your knowledge will include a wide range of exercises, tools, and techniques that make workouts fun and effective while enhancing someone's short- and long-term health outcomes.

## **EXERCISE SPECIALIST**

Exercise specialists take personal training one step further. In addition to physical activities, exercise specialists help their clients live a more active lifestyle, including the nutritional aspects of health. You'll help people develop a fitness plan with lifelong habits. Your knowledge in this program includes nutrition, hands-on experience, and specialized learning about how exercise improves the human body.

## **EXERCISE, NUTRITION, AND HEALTH PROMOTION**

Do you enjoy teaching others about how exercise and nutrition can better their lives? That's what you'll learn how to do with a degree in Exercise, Nutrition, and Health Promotion. Beyond the physical activity aspect of fitness, you'll understand how to communicate well with others when it comes to personal training, exercise, and nutrition.



## Personal Trainer Diploma

---

Are you ready for a fulfilling career you are also passionate about? Then you've come to the right place. The **Personal Trainer Diploma** at Bryan University can teach you the ins and outs of personal training so you can motivate clients to get results. You'll also understand the physiology of exercise, how to work different muscle groups, and maintaining the right diet for a healthy, active lifestyle.

- Program lasts 40 weeks or four quarters.
- Earn your diploma in less than a year.
- Courses teach industry terminology, the biomechanics of exercise, athletic training, sports medicine, and how to track someone's fitness progress.

# Personal Trainer Diploma

## Coursework Highlights and Goals

Coursework in your Personal Training program focuses on the physical movements of the human body, anatomy and physiology, wellness, the business of personal training, leisure programming, and evaluating someone's fitness level.

### **PT105 THE BUSINESS OF PERSONAL TRAINING – 4.5 Credit Hours**

The course is an introduction to the fundamental concepts and principles of business in the personal training field. An overview of the functions of a personal training business will include an evaluation of personal training as a profession, personal training as a business, management, finance, accounting, marketing, legal and professional responsibilities of personal training.

### **PT102 LEISURE PROGRAMMING – 4.5 Credit Hours**

This course provides an introduction to the basic concepts for leisure programming. Students will gain knowledge in the areas of direct services delivery, program planning, and program management. The course will focus on issues related to customer service and benefits, such as providing leisure experiences, assessing customer needs, evaluating program impact, promoting positive customer and leader interactions, analyzing and implementing policies, and supervising staff.

### **PT140 PERSONAL TRAINING – 4.5 Credit Hours**

This course provides the core concepts in personal training and fitness instruction. A student will develop the knowledge, skills, and motivation to enhance the physical fitness and well-being of individuals or groups. Areas of concentration will be Fitness Instruction, Physical Fitness Assessment, Physical Conditioning, and Designing a Conditioning Program.

The Personal Trainer Diploma prepares you for certification through the [American Council on Exercise](#) and entry-level work as a personal trainer.

## Career Opportunities

Career opportunities include entry-level work as a personal trainer in a fitness gym. You could work in a national chain's location or at a locally owned gym.



## Exercise Specialist Associate of Applied Science Degree

---

Want to learn about health and wellness while helping others reach their fitness goals? Earn your [\*\*Exercise Specialist Associate of Applied Science degree\*\*](#) from Bryan University. You can make staying in shape more than a lifestyle – you can make it your career!

- Program lasts 70 weeks and seven quarters in length
- Earn your associate degree in 1-½ years
- Courses teach leadership skills and nutrition to help improve people's health and wellness

# Exercise Specialist Associate of Applied Science Degree

## Coursework Highlights and Goals

Coursework in your Exercise Specialist program goes beyond personal training. Not only do you help someone reach fitness goals, but you also teach them how to lead a healthy lifestyle.

### **PT200 EXERCISE TESTING AND PRESCRIPTION – 4.5 Credit Hours**

Developed to help students master the essential measurement and evaluation content, principles and concepts to become an effective evaluator, this text provides the practical skills and materials students will need for measurement and evaluation whether they work in teaching or exercise science.

### **PT205 CONDUCTING AND READING RESEARCH IN HEALTH AND HUMAN PERFORMANCE – 4.5 Credit Hours**

Designed for the first course in research methods, this text shows students how to conduct and read research, design research tools, and evaluate results in health, kinesiology, exercise science, recreation, dance, and all other areas of human performance—providing comprehensive coverage of both quantitative and qualitative research methods.

### **PT299 PERSONAL TRAINER EXTERNSHIP – 4.5 Credit Hours**

Apply your skills in the field with a 135-hour externship. Students will be assigned to a training facility, clinic or other physical fitness setting and will be trained for duties that are vital in today's fitness field. This course will train the student to develop fundamental skills for tasks such as exercise physiology, nutrition, diet, weight maintenance, athletic training, business operation, first aid, sports medicine and proficiency in physical health software functions. Prerequisite: Must have a 2.0 cGPA in all completed core courses.



## Exercise, Nutrition, and Health Promotion Bachelor of Science Degree

---

The [\*\*Exercise, Nutrition and Health Promotion Bachelor Degree Program\*\*](#) will provide you with skills to plan, develop, and implement physical fitness and health programs for individuals, organizations, and communities.

- Program lasts 140 weeks or 14 quarters
- Earn your degree in less than three years
- Courses teach you how to direct comprehensive wellness programs for groups and individuals.

### Coursework Highlights and Goals

You'll become familiar with industry terminology, biomechanics, exercise physiology, rehabilitation, nutrition, and management techniques needed to promote healthy lifestyles and health education programs. Towards the end of your academic studies, you'll complete a 135-hour externship in the field.

# Exercise, Nutrition, and Health Promotion Bachelor of Science Degree

## **PT400 HEALTH RISK ASSESSMENT AND APPRAISAL – 4.5 Credit Hours**

This course is designed to provide the student with the theoretical background and practical experience necessary for the safe and scientific evaluation of physical fitness, particularly as it relates to health and disease and the development of programs for remediation, maintenance and enhancement of motor and health-related qualities.

## **PT405 DIRECTING WELLNESS PROGRAMS – 4.5 Credit Hours**

This course addresses the general administrative and daily operational skills required to direct a wellness program in corporate, institutional, and community settings. Emphasis is placed on the collaborative and professional skills that are needed to manage wellness programs.

## **PT410 PRINCIPLES OF STRENGTH AND CONDITIONING – 4.5 Credit Hours**

Students will gain knowledge to train athletes for the primary goal of improving athletic performance. They conduct sport-specific testing sessions, design and implement safe and effective strength training and conditioning programs and provide guidance regarding nutrition and injury prevention. Recognizing when to refer athletes to other professionals when appropriate.

## **PT415 INTERVENTIONS FOR WELLNESS – 4.5 Credit Hours**

This course addresses the skills and resources needed to implement and facilitate specific interventions within a comprehensive wellness program. The development and delivery of programs, including tobacco management, weight control, nutrition, physical activity, workplace safety, disease prevention, and other applicable interventions, will be addressed.

## **PT420 MEDICAL EXERCISE SPECIALIST – 4.5 Credit Hours**

Medical Exercise Specialist is designed for advanced health and fitness professionals providing in-depth preventive and post-rehabilitative fitness programming for individuals who are at risk for, or are recovering from, a variety of cardiovascular, pulmonary, metabolic, and musculoskeletal diseases and disorders, as well as apparently healthy clients in special population groups, including older adults, youth, and prenatal and postpartum women. Prerequisites: Must have a 2.0 cGPA in all completed core courses.

# Start Today

Speak with an Admissions Representative about joining the School of Health & Wellness at Bryan University. Earning your diploma or degree can jumpstart your career as a personal trainer.

## 100% ONLINE LEARNING

At Bryan University, our students come from diverse backgrounds and different stages of life. Some are in the military, some have a family, some are continuing their education, and some are just getting started. But most of them share a need to have a flexible schedule that fits their busy lifestyles.

With the 100% online training at Bryan you don't have to sacrifice one commitment to accomplish another. Our online education system enables you to take care of your family and work obligations and still be able to train for a new career in the comfort of your own home and on your own schedule.

Bryan University's online coursework is relevant, convenient, and accommodating to your schedule and learning style. Our industry-experienced faculty and support personnel will guide you every step of the way to help you complete your training and advance in your career.

## SUCCESS STORIES

**“I enrolled at Bryan because I didn't want to waste my time and money going through a four-year program.”**

**- Chris Brice (BU Exercise Specialist Graduate)**



**See our video for more success stories in the School of Health Wellness from Audra, Christopher, and Don.**

Be Inspired. Be Ready. Be Changed. Check out our School of Health & Wellness learning opportunities at Bryan U!

Contact one of our [admissions specialists](#) today for more information!