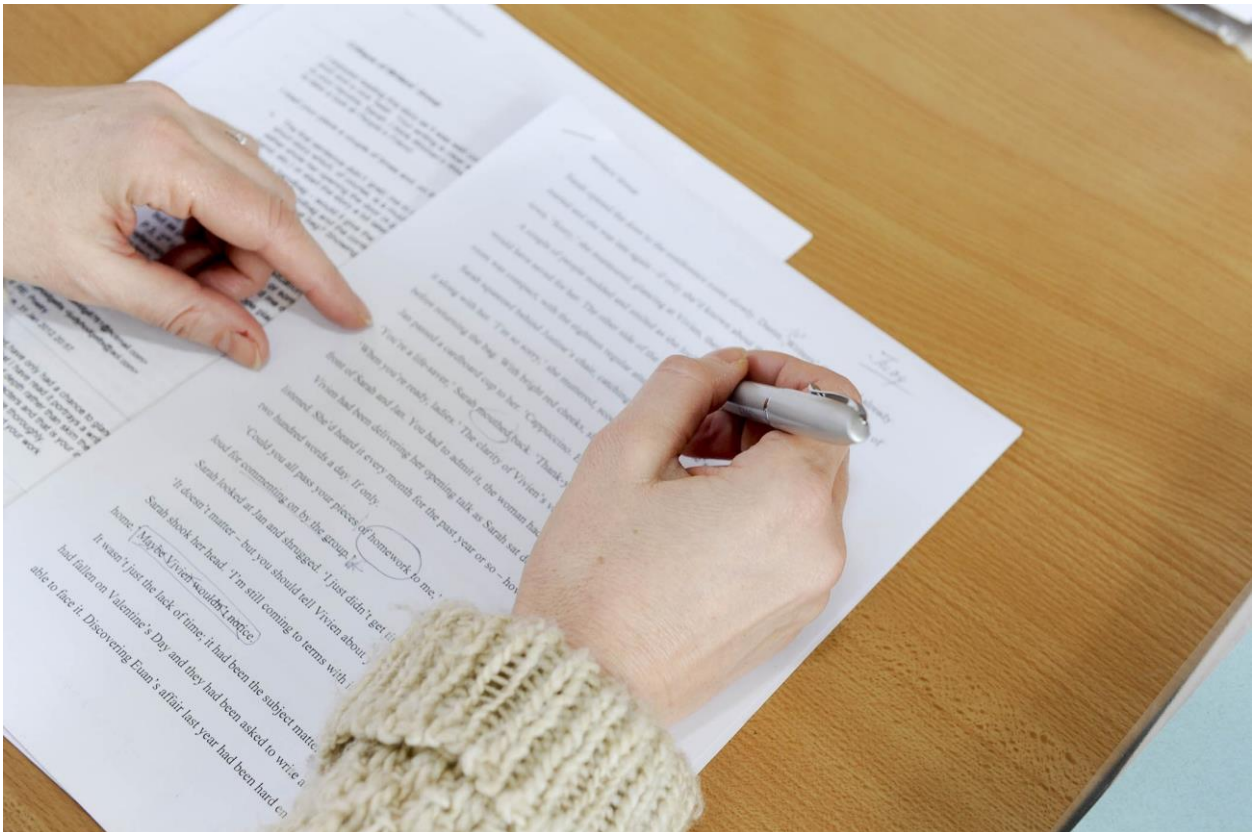


Educational Requirements for Personal Training Careers

A personal training career is a great way to stay in shape while helping others. It is a highly rewarding career, as it involves training a person to reach his physical goals. The results are visible and lasting for personal training clients. Read on to learn the education requirements to begin a career as a personal trainer.

Bachelor's Degree

While not all fitness centers require a bachelor's degree, it is helpful to have a degree that includes courses pertaining to physical health. Nutrition, biology, physiology and kinesiology are all [course materials](#) that are used by personal trainers. A degree in such a field increases your chances of being hired at a fitness center and attracting clients for the self-employed.



High School Diploma

For the fitness centers that do not require a degree, a high school education is frequently required. If you did not complete high school, a General Education Development test might be accepted instead. Taking a high school course on anatomy and physiology in high school is helpful to getting a job as a personal trainer.

Previous Work Experience

A background working, volunteering or interning at a physical rehabilitation facility is desirable for prospective personal trainers. The experience working with clients and patients to improve their physical conditions shows patience and skill that is useful to personal trainers. As some patients have physical concerns when beginning training, the ability to help a person without causing further injury is important.

Personal Trainer Certification

There are many different organizations that provide personal trainer certification. The American College of Sports Medicine, the American Council on Exercise and the International Sports Sciences Association all offer certification for personal trainers. The materials covered and tests given vary between the [college paper writing service](#) and training organizations. You are required to take continuing education courses every two years to maintain the certification.

The education requirements vary between facilities; however, every course you take that involves physical fitness brings you closer to a personal training career. A higher level of education also makes it easier to attract personal clients for the self-employed.