

Career Spotlight

Careers in fitness and wellbeing are in demand. The Connecticut Department of Labor (CTDOL) reports the statewide average annual income for a personal fitness trainer is \$48,764 and the entry level hourly rate is \$11.65. Employment in this occupation is expected to grow faster than average, and the number of annual openings will offer excellent job opportunities. The CTDOL projects an average of 120 annual job openings through 2024.



Contact our Office of
**Non-credit Workforce
Development**
at 203.575.8029 or
nc@nv.edu

CT State Continuing Notice of Nondiscrimination

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Supplemental Nutrition Assistance Program (SNAP) and Food Distribution Program on Indian Reservations (FDPIR)

Nondiscrimination Statement:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (833) 620-1071, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation.

The completed AD-3027 form or letter must be submitted to:

mail: Food and Nutrition Service, USDA
1320 Braddock Place, Room 334
Alexandria, VA 22314; or

fax: (833) 256-1665 or (202) 690-7442; or

email: FNSCIVILRIGHTSCOMPLAINTS@usda.gov



750 Chase Parkway, Waterbury, CT 06708
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Fitness Certifications



**WORKFORCE DEVELOPMENT
REGISTRATION
FOUNDERS HALL-ROOM F323
Tel - 203.575.8029
Fax- 203-575-8243**

Personal Fitness Trainer Certification

Learn a new career and have fun doing it by joining what abcnews.com calls the 4th “Hottest Job in the U.S.” This eight-week program is taught by World Instructor Training Schools (WITS), the only major certifying body in the country that integrates 16 hours of lecture, 16 hours of practical training, and a 30-hour internship.

After successfully completing this course students will be able to:

- understand and describe basic anatomy, kinesiology, and exercise physiology;
- assess an individual’s level of fitness using American College of Sports Medicine (ACSM) guidelines;
- design and customize exercise programs;
- demonstrate proper execution of resistance, cardio-respiratory, and flexibility exercises;
- identify and demonstrate at least one strength exercise for every major muscle group;
- and explain ACSM and American Heart Association (AHA) recommendations for cardiovascular exercise.

nv.edu/fitness

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Heartsaver, First Aid, CPR, AED



This course is designed for anyone with limited or no medical training who needs a course completion card in First Aid, CPR and AED to meet job, regulatory, or other requirements. Heartsaver First Aid, CPR, AED teaches skills using the American Heart Association’s research-proven Practice-While-Watching technique. This technique allows the instructors to observe the students, provide feedback, and guide the students’ acquisition of skills. This course meets the requirements for W.I.T.S. Personal Trainer Certification.



With online Career Training

Nutrition For Optimal Health, Wellness and Sports

This nationally recognized Nutrition for Optimal Health, Wellness, and Sports online program has been designed to meet the growing demand of allied health/medical professionals, Registered Dietitians, fitness professionals, personal trainers, and the general public who want to learn about developing individualized nutritional programs for clients, patients, or for personal improvement.



Fitness Business Management

Learn how to successfully manage a personal training program or a health fitness department as a strategic business unit (SBU) while earning a certificate in this innovative management program. Complete core learning online and gain valuable experience in the field by adding an optional field internship. Upon completion, you’ll be prepared for a career in health clubs, wellness centers, personal training studios, physical therapy clinics, YMCAs, JCCs, college/university centers, or recreational settings.