SVC CAREER PATHWAYS Health and Fitness Technician (HFT)

IS A CAREER AS A HEALTH & FITNESS TECHNICIAN FOR ME?

- Learn more about this Career
- Program Information
- Program Planning Guide
- Estimated Cost of Program

Fitness workers lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular exercise, strength training, and stretching. They work in health clubs, country clubs, hospitals, universities, yoga and Pilates studios, resorts, and clients' homes. Fitness workers also are found in workplaces, where they organize and direct health and fitness programs for employees. Although gyms and health clubs offer a variety of exercise activities, such as weight lifting, yoga, cardiovascular training, and karate, fitness workers typically specialize in only a few areas.

SVC's one-year Health and Fitness Technician (HFT) program prepares students for entry-level work in the expanding health and fitness industry.

PREPARATION

- GED
- ESL
- Pre-College (Adult Basic Ed.)

FOR MORE INFORMATION

Contact the Health & Fitness Technician Program

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STARTING CONSIDERATIONS

Students may enter the program at the beginning of any quarter. Students are encouraged to review the sample schedules and course descriptions since some key courses are offered only at specific times during the year. The HFT classes are offered at the Mount Vernon campus.

- Admissions: Getting Started
- Admissions Form (note: no placement tests are needed to enter this porgram.)

PROFESSIONAL/TECHNICAL CERTIFICATES

Health & Fitness Technician Certificate (52 credits)

EMPLOYMENT AND WAGES*

Fitness Trainer & Aerobics Instructor ($9.73 - $33.33)

Recreational Therapist ($16.56 - $35.02)

Recreation & Fitness Studies Teacher ($16.56 - $35.02)

Coaches & Scouts ($12.74 - $35.83)

Health Educator ($15.09 - $36.38)

***Wage data based on most local wage information available at careerinfonet.org**

SKAGIT VALLEY COLLEGE CATALOG 2013-2014

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