

Fitness Director

■ Job Description

The fitness director designs fitness programs, instructs employees in their use, and consults with the medical staff in assisting with the recovery of employees who have medical problems and need rehabilitative therapy.

■ Job Settings

Large corporations, hospitals, and health clubs

■ Projected Need

Because of the country's continued interest in physical fitness and well-being, job opportunities related to health and fitness instruction should be good.

■ Salaries

Fitness trainers earn between \$15,900 and \$37,100 per year, depending on geographic location and number of years experience. Health club directors earn an average wage of about \$30,000 per year. Top pay is around \$50,000 per year.

■ Related Careers

Therapeutic recreation specialist, physical therapist, athletic trainer, and exercise physiologist

■ Related Educational Programs

The programs of study listed below are the recommended areas of study to pursue for this occupation. Clicking on these will lead to files that show in-state and national schools that offer these programs.

The following link(s) will take you to CIS for more information. CIS requires an ID and password that can be obtained at <http://cis.ilworkinfo.com/loginhelp/> You must log into CIS prior to clicking on the links below.

[Exercise Physiology](#)

[Exercise Science and Kinesiotherapy](#)

[Sport and Fitness Management](#)

■ Credentials

In addition to a baccalaureate degree, a graduate degree in physiology, physical therapy, or a related

field is required to be a director. Certification is available through the American College of Sports Medicine.

■ Resources

American College of Sports Medicine
P.O. Box 1440
401 W. Michigan Street
Indianapolis, IN 46206-1440
Phone: 317.637.9200
<http://www.acsm.org>