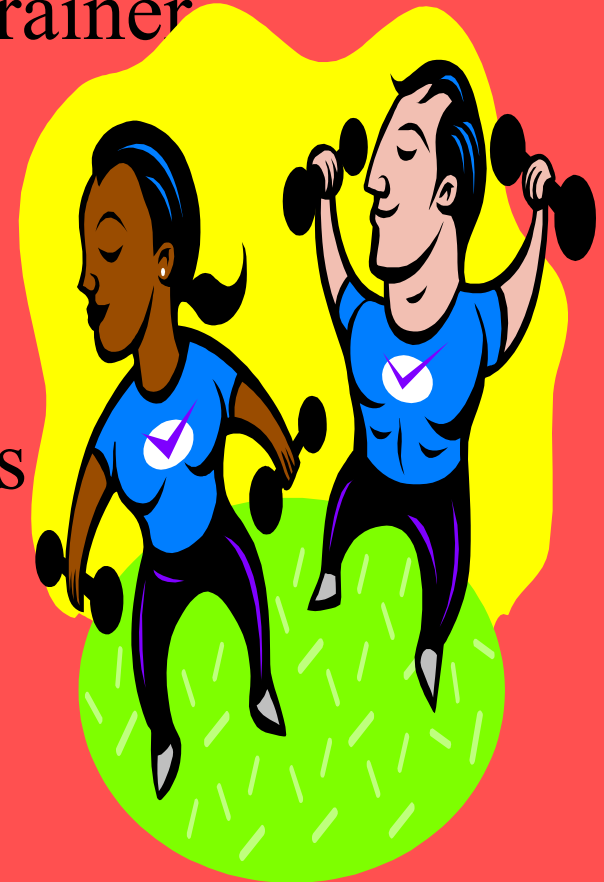


Personal Trainer Realm

- What is Personal Training
- What to get from a Personal Trainer
- Certification
- Related Occupations
- Places of Employment
- Advantages and Disadvantages
- Job Demand
- Salary



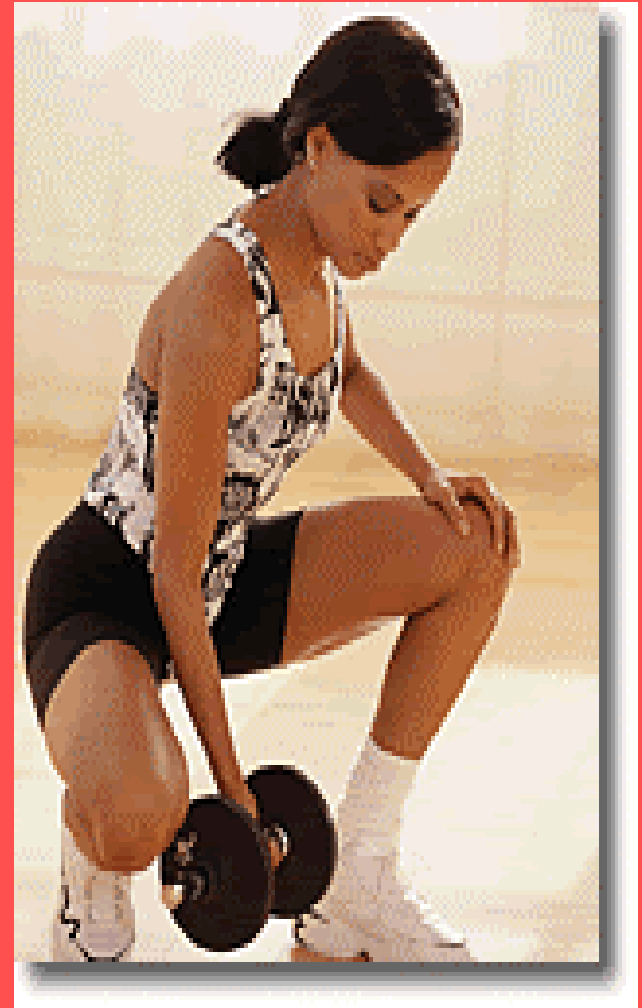
What is Personal Training

- It's a one-on-one workout with a certified fitness professional.
- Personal training has been proven to be effective.
- People of all ages work with personal trainers.



What to get from a Personal Trainer

- Program Design
- Proper Lifting Technique
- Motivation
- Evaluation & Assessment
- Time Efficiency
- Get Results



Related Occupations

- Strength & Conditioning Coach
- Fitness Manager
- Fitness Instructor
- Group or Individual
- Nutrition Consultant
- Rehab Expert



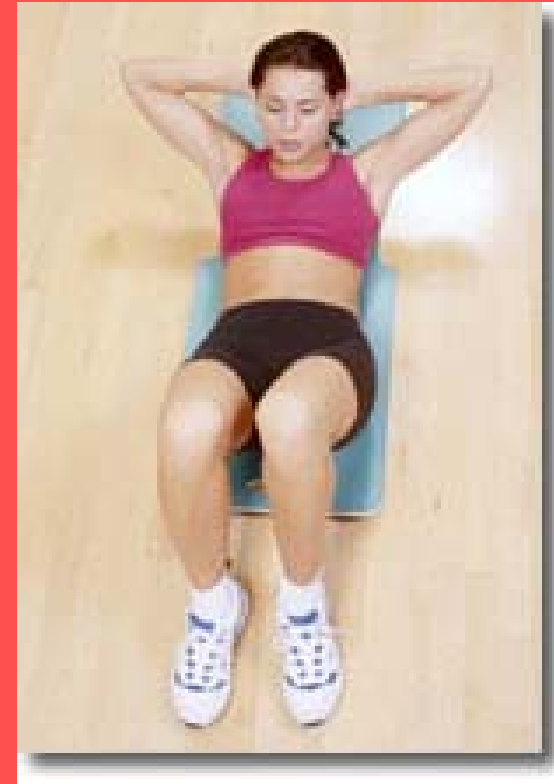
Places of Employments

- Fitness Centers
- Schools
- Wellness & Health Centers
- Mobile Gyms
- Cooperate Organizations
- Rehabilitation Centers



Certification

- Exercise Physiology
- Kinesiology & Sports Studies
- Biomechanics
- Physical Education
- Anatomy & Biology
- Recognized Certificate Organizations



Advantages and Disadvantages

- Advantages

- One-on-one Interaction
- Meeting People
- Making a Difference in ones life
- Financial Benefits

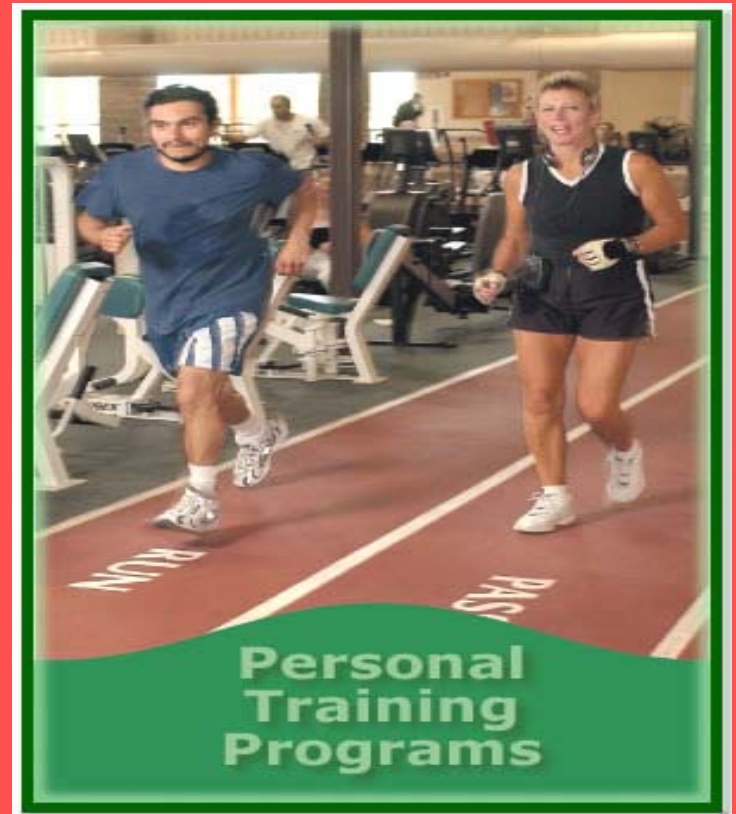
- Disadvantages

- Time Consuming
- No shows
- Consistent Clientele



Job Demand & Salary

- Your body is your most important asset.....
It requires investment.



Job Demand & Salary

- The American Sports Data Inc., a company that specializes in sports and fitness research since 1983, projected that 4,021,000 people in the United States alone paid for personal training services in 1998.
- Three out of Five clients are women
- Clients report an average of 18 sessions with a trainer
- Clients paid an average fee of \$34.00 per session
- Average Household Income of Clients
 - Under \$25,000 18%
 - \$25,000 - \$49,999 20%
 - \$50,000 - \$74,999 20%
 - \$75,000 and up 42%

Who I am

- Patrick Kabuye, BS

Kinesiology & Sports Studies

UEFA 'A' License Candidate

USSF 'A' Licensed Coach

USSA 'A' National Youth Coach

Certified Personal Trainer

Masters Degree Candidate

Thank you

For Listening!!!!