

CONVENIENT CLASS SCHEDULE

Classes are held online for 12 consecutive weeks. Our schedule is designed to accommodate busy professionals working full time.



Download our calendar at our website: www.apeiportal.com

AFFORDABLE PRICING

The average annual tuition of a college is \$37,650 (source: College Data). APEI's all-inclusive Fitness Program tuition is \$3,850.00 which covers live online classes, with renowned instructors and study material that will prepare you to start your new career in the fitness industry. We offer direct financing and an affordable 6-months payment plan. We also offer discounts for full payments and a paid referral program.

Download our full tuition cost and payment plans catalogue at our website: www.apeiportal.com



LET OUR EXPERIENCE ADD TO YOURS

We know what it takes to get results and we are ready to share it with you. APEI instructors are experts in corrective exercise, functional movement and resistance training. They are licensed and certified to teach. Let us help you prepare for a successful career in fitness.

Contact APEI today to enroll in our Fitness Training Program.

Occupational Competencies

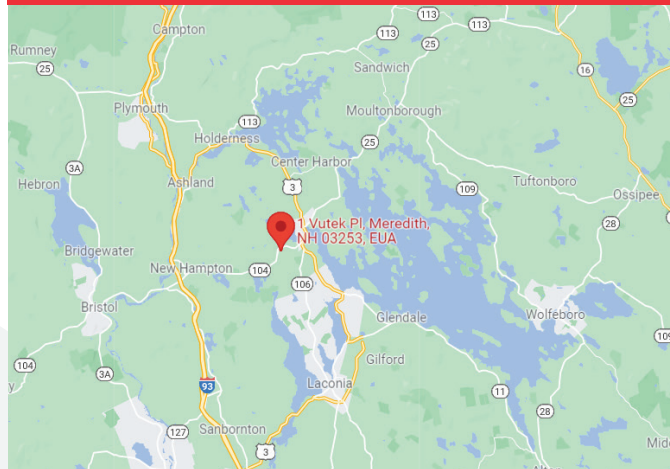
Demonstrate proficiency in the following performance domains:

- Business/SalesMarketing
- Scope of practice and ethical behavior
- Knowledge of the human movement and cardiorespiratory systems
- Client Fitness Assessment
- Exercise Program Design
- Exercise Program Progression
- Strength, Functional and Corrective



START YOUR
NEW FITNESS CAREER
AT THE AMERICAN PROFESSIONAL
EDUCATION INSTITUTE (APEI)

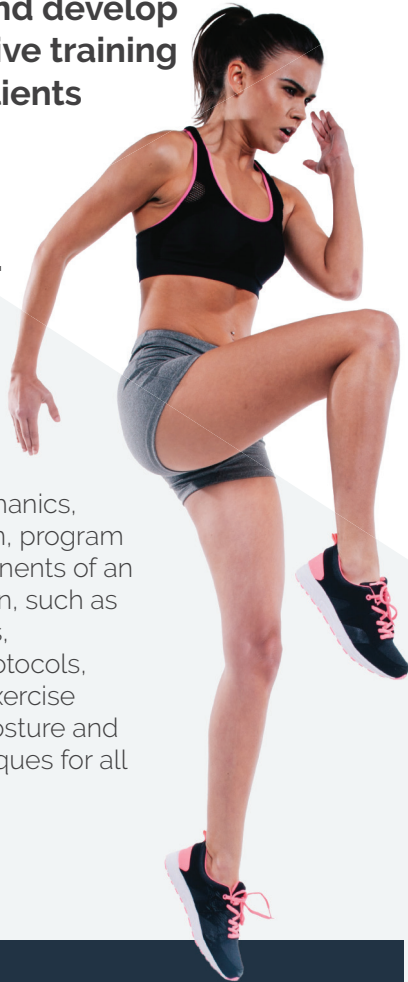
apeiportal.com
1 Burton Drive **MEREDITH - NH**



FITNESS
TRAINING
PROGRAM

apeiportal.com

You will will learn skills to perform fitness assessments and develop safe and effective training programs for clients with different conditioning levels, goals and limitations.



You will be introduced to topics such as anatomy, physiology, biomechanics, exercise prescription, program progression, components of an exercise training plan, such as flexibility techniques, cardiorespiratory protocols, with emphasis on exercise selection, correct posture and main training techniques for all body segments.

**THE OPPORTUNITY IS HERE.
ARE YOU READY?**



APEI TEACHES SUCCESSFUL TRAINING AND COMMUNICATION TECHNIQUES

Learn to coach personalized resistance, flexibility and cardiovascular programs that will directly benefit your clients beyond toning and weight loss. You will help them discover the science of moving efficiently through exercise while improving their fitness levels and their self-esteem. Our Fitness Training Program will help you land a job, open your own business or work from home online. APEI will give you the education and communication skills you need to become a leader in the fitness industry.

THE FUTURE OF FITNESS TRAINING

The United States Department of Labors Bureau Statistics estimates that the median annual wage for fitness trainers in the United States was \$40,700 in May 2021. Employers prefer to hire those with a certificate. The US Bureau of Labor Statistics also estimates that employment of fitness trainers and instructors is projected to grow 19% from 2021 to 2031, much faster than the average for all occupations in the United States. About 65,500 openings for fitness trainers and instructors are projected each year, on average, over the decade.



APEI Fitness Training Program is a unique educational experience

You will learn the science behind training programs and be able to work it effectively into coaching.



More than an online course

Hands-on classes will teach the skills and credential you need to build a professional reputation that will carry you far into the future.



Learn about safety

Our Fitness Program teaches you how to keep clients safe and injury free while increasing their performance and improving their esthetics.



Learn about business

Our marketing and sales classes will teach you how to create a healthy and sustainable business as a professional fitness trainer.