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Unlocking Success: How Ongoing Learning Shapes Fitness Careers

PRESENTED BY

Outline

- Discuss the role continuing education (“con-ed”) plays in professional development
- Explore opportunities in con-ed; both traditional (CEC-focused) and non-traditional/experiential (mentorship, networking)
- Gleam advice and best practices when creating your career development plan through ongoing learning.

Panel Experts

- Gini Grimsley
 - Director of Fitness Product, VASA Fitness
- Francis Neric
 - Assistant Vice President of Certification, American College of Sports Medicine
 - President, Coalition for the Registration of Exercise Professionals
- Josh Zaffino
 - Training & Development Director, Arch Amenities Group

Topic 1: Understanding the need for CEC's

- Differentiate between accredited certification and certificate programs.
- The role each plays when starting and advancing in the fitness industry.
- CEC requirements, what are they and who creates them?

Topic 2: Education and Development

- Common topic/domain areas most new trainers need to focus on when starting their career.
- Hot trends and topics that personal trainers need to be aware of.

Topic 3: Advancing Your Career

- Real-world examples of moving up the corporate ladder
- Specialization or generalist, what's the best option?

Topic 4: Continuing Education and Your Career Goals

- Traditional types of continuing education opportunities approved by certification agencies.
- Continuing education opportunities and employer contributions.
- Non-traditional opportunities essential to career development.

Topic 5: Creating Your Continuing Education Plan

- Best advice, create a con-ed plan that matches your career goal.