BriteEducation School of Technology
ABMA Education Recognised Centre No. 2851
2nd Floor, Chiyedza House, Corner of First Street and Kwame Nkrumah Avenue, Harare

Fitness Trainer

Harare, Zimbabwe

Gyms, hotels, sports clubs, corporate wellness programmes and private clients across Zimbabwe and online need qualified trainers. This 8-month course (two semesters) follows the domains of the American College of Sports Medicine's Certified Personal Trainer exam: client consultation and assessment, exercise programming, exercise leadership and client education, and the legal and business side of personal training. You coach real clients in the gym, and finish ready to sit the ACSM-CPT exam online on campus. ACSM requires candidates to be 18+, with a high school diploma or equivalent and a current adult CPR/AED certificate.

Qualifications and exams

CERTIFICATION EXAM

ACSM

ACSM Certified Personal Trainer (ACSM-CPT)
From the American College of Sports Medicine, written online with a live remote proctor (Pearson VUE OnVUE) in a testing room at BriteEducation's Harare campus. Candidates need to be 18+, hold a high school diploma or equivalent, and hold a current adult CPR/AED certificate.

Curriculum: 8 months (two semesters)

Each module follows a domain of the ACSM Certified Personal Trainer exam, with coaching practice in the gym, so you finish ready to sit the ACSM-CPT exam and start working with clients.

Stage	Modules (ACSM-CPT exam domains)	Practical coaching
Semester 1 Months 1–4	1. Exercise science: anatomy, physiology and biomechanics 2. Initial client consultation and assessment 3. Exercise programming and implementation	• Fitness testing and client screening practicals • Strength, cardio and flexibility programme design **Practice tests after each domain**
Semester 2 Months 5–8	1. Exercise leadership and client education 2. Nutrition basics and behaviour change 3. Legal, professional, business and marketing practice	• Coach real clients and group classes • Adult CPR/AED certificate (required for the exam) **ACSM-CPT exam (online, OnVUE)**

Fees

> Flexible payment plans available. Exam fees: ACSM-CPT exam US$310 for ACSM members or US$410 otherwise, set by ACSM and paid separately.

Entry requirements

Age 18 or over with O Levels or equivalent. ACSM requires a high school diploma or equivalent and a current adult CPR/AED certificate before you sit the exam.

Study modes

Weekday, evening, weekend or live online, on campus in Harare or from anywhere.

Careers

- Personal Trainer
- Gym Instructor
- Group Fitness Instructor
- Online Fitness Coach
- Corporate Wellness Assistant
- Hotel and Resort Fitness Attendant
- Sports Club Conditioning Assistant
- Self-employed Personal Trainer

Apply for the 2027 intake: school.britelink.io/apply · WhatsApp +263 71 213 6444 · team@britelink.io