


# Sports & Fitness Careers



**S**ports and fitness professionals aid people in improving their personal fitness and health. As increasing value is being placed upon health care costs and physical fitness within our society, as well as life expectancies increasing, more people are turning to sports and fitness professionals to assist and educate them from maintaining a healthy lifestyle. Jobs can include working in cardiac rehabilitation, corporate fitness centers, recreation centers and personal training. In addition to entry-level managerial duties, sports and fitness management professionals assess clients' current fitness levels, develop training or rehabilitation programs to meet specific client needs, educate and train clients. Using their knowledge of health, physiology and biomechanics, they determine the type/level of difficulty of exercises and prescribe specific movements and correct individual's workout techniques. Personal trainers work one-on-one in health clubs or client's homes. They evaluate an individual's abilities, determine suitable

training programs, demonstrate a variety of exercises, offer encouragement, monitor their progress and teach correct use of exercise equipment and other apparatus. National certification is highly desirable for those interested in becoming a fitness professional. There are many different certifying organizations specific to the various types of sports and activities, and their training requirements vary depending on their standards. The LCCC program recommends American Council on Exercise (ACE), American College of Sports Medicine (ACSM), Aerobics and Fitness Association of America (AFAA), National Strength and Conditioning Association (NSCA) certification, the Cooper Institute for Aerobics Research examinations, National Council on Strength and Fitness (NCSF) and Resistance Training Specialist (RTS 1,2,3).

## Job Outlook

Opportunities are expected to be good for fitness workers because of rapid growth in the fitness industry.

Employment of fitness workers—who are concentrated in the rapidly growing arts, entertainment, and recreation industry—is expected to increase much faster than the average for all occupations through 2014. An increasing number of people spend more time and money on fitness, and more businesses are recognizing the benefits of health and fitness programs and other services such as wellness programs for their employees.

Health club membership among young adults also has grown steadily, driven by concern with physical fitness and enhancing one's well being. As health clubs strive to provide more personalized service to keep their members motivated, they will continue to offer personal training and a wide variety of group exercise classes. Participation in group fitness such as Zumba, kick boxing, step, Yoga and Pilates is expected to continue to grow, driven partly by the aging population demanding low-impact forms of exercise and relief from ailments such as arthritis.

## Earnings

Median annual earnings of fitness trainers and aerobics instructors in May 2006 were \$25,910. The middle 50 percent earned between \$18,010 and \$41,040. The bottom 10 percent earned less than \$14,880, while the top 10 percent earned \$56,750 or more. These figures do not include the earnings of the self-employed. Earnings of successful self-employed personal trainers can be much higher.

# Sports & Fitness

## Educational Opportunities in Sports and Fitness at LCCC

### Sports and Fitness Management

#### *Associate of Applied Science*

The sports and fitness management program offers career opportunities in private and public fitness centers; entry level management positions in the health, fitness or rehabilitation centers, recreation facilities, and retail sales.

Graduates of the program may transfer to a four-year institution to continue their studies in sports and fitness management or other fitness related fields. Many students choose to study on a part-time basis.

Students pursuing the associate of applied science in sports and fitness management complete courses in anatomy and physiology, nutrition, math, microcomputer applications, English, psychology, exercise physiology, business law, oral communications, first aid and safety, computer applications and personal health. Lorain County Community College has articulation agreements with colleges and universities including programs offered by LCCC's University Partnership.

### *Group Exercise Instructor Certificate of Completion*

This certificate program will prepare students to successfully complete national certification exams in a wide venue of exercise instructor exams.

### *Personal Trainer Certificate of Proficiency*

The personal trainer certificate of proficiency curriculum is designed to aid the student in preparing for national certification examinations to pursue employment in health and fitness facilities. The focus of this program is to develop hands on, practical skills in basic anatomy and kinesiology, client physical fitness assessments and programming information for all special populations.

## Educational Opportunities in Sports and Fitness through LCCC's University Partnership

### University of Akron

#### *Bachelor of Science in Sports Studies*

The sports studies program prepares students for a variety of careers in this field. Students are prepared to pursue careers in health and fitness instruction, personal training, strength and conditioning, cardiac rehabilitation, and high school, university, and professional athletic administration. Students in this partnership program are completing the sport studies track, sport management certificate.

#### *Bachelor of Science in Exercise Science*

Sport science and wellness education is one of four departments within the College of Education. The exercise science program prepares students for a variety of careers in health and fitness instruction, wellness, personal training, strength and conditioning, and cardiac rehabilitation.

## About Lorain County Community College

Lorain County Community College continues to experience enrollment growth because attending LCCC is the most economical way to reach educational goals that help graduates become valuable players in the future economic growth of the county and region. Because of the variety and quality of learning opportunities LCCC provides, enrollment has grown 78 percent since 2000.

Lorain County Community College, which opened in 1963, is one of Ohio's leading colleges delivering credit programs at its Elyria campus and outreach centers in downtown Elyria, Lorain, Wellington and Brunswick. Plus more than 200 courses are offered via distance-learning education options, and the Associate of Arts degree can be completed entirely online.

Students can choose from more than 80 educational programs. Students can complete the first half — and sometimes more — of a bachelor's degree through LCCC's University Partnership, which brings eight universities to the LCCC campus offering 40 bachelor's and master's degree programs. Students can upgrade, retrain and improve current life skills.

In addition to providing a great education for those who enter college with aspirations of a degree, LCCC helps those who have changed their career goals, who want to broaden their horizons, and who want to return to work. LCCC provides learning and training for those who want to move up but find they need new or improved skills for the kind of professional opportunities they seek.

LCCC faculty is recognized locally and nationally for their work as professors and in other areas. They all have advanced degrees and real world experience and understand their primary responsibility at LCCC is to teach classes.

LCCC is fully accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools, which is the regional accrediting authority for Ohio colleges and universities. Since opening its doors, LCCC has served more than 300,000 people. More than six million students enroll annually in credit courses at America's community colleges, representing about 46 percent of all students in higher education and about 56 percent of all first-time college entrants.



*Lorain County  
Community College*



**The University  
Partnership**

*of Lorain County Community College*

1005 N Abbe Road  
Elyria, OH 44035  
[www.lorainccc.edu](http://www.lorainccc.edu)