

CAREER TECHNICAL EDUCATION (CTE) TWO-YEAR PROGRAM REVIEW FOR 2025

Program Planning Year: 2025

Unit: Exercise Science Fitness Professional-Certificate

Cluster: Health & Wellness, Skilled Trades & Technology

Last Year of CPPR/Voc. Ed Review: n/a

INSTRUCTIONS: CTE programs will complete and submit the below Two-Year Program Review as part of a regular two-year program review cycle (Ed Code 78016). In addition, CTE programs will complete and submit an APPW on an annual basis and an Instructional Comprehensive Program Planning and Review (CPPR) every four years according to the institutional comprehensive planning cycle for instructional programs.

California Ed Code 78016

Every vocational or occupational training program offered by a community college district shall be reviewed every two years by the governing board of the district to ensure that each program, as demonstrated by the California Occupational Information System, including the State-Local Cooperative Labor Market Information Program established in Section 10533 of the Unemployment Insurance Code, or if this program is not available in the labor market area, other available sources of labor market information, does all of the following:

1. Meets a documented labor market demand.
 2. Does not represent unnecessary duplication of other manpower training programs in the area.
 3. Is of demonstrated effectiveness as measured by the employment and completion success of its students.
- A. Any program that does not meet the requirements of subdivision (A) and the standards promulgated by the governing board shall be terminated within one year.
- B. The review process required by this section shall include the review and comments by the local Private Industry Council established pursuant to Division 8 (commencing with Section 15000) of the Unemployment Insurance Code, which review and comments shall occur prior to any decision by the appropriate governing body.
- C. This section shall apply to each program commenced subsequent to July 28, 1983.
- D. A written summary of the findings of each review shall be made available to the public.

NARRATIVE: Review your CTE program according to the following three prompts with analysis of [data provided by the State](#).

If assistance is needed to retrieve data, please contact your Instructional Dean.

Provide a written summary for each prompt. If yes, explain why and/or how. If no, explain why.

I. Meets a documented labor market demand, [data provided by the State](#).

The Exercise Science Fitness Professional Meets the Market Demand. Although the data provided is not specific to the name of Exercise Science Fitness Professional, there is data showing that it is in demand in the state for fitness trainers and instructors, data provided from Los Angeles and Orange County, as well as data from the US Bureau of Labor Statistics.

- **Fitness Trainers and Aerobics Instructors**

(SOC Code : 39-9031) in California

Instruct or coach groups or individuals in exercise activities and the fundamentals of sports. Demonstrate techniques and methods of participation. Observe participants and inform them of corrective measures necessary to improve their skills. Those required to hold teaching degrees should be reported in the appropriate teaching category. Exclude "Athletic Trainers" (29-9091). Employers are usually looking for candidates with Post secondary vocational training.

Occupational Wages

[\[Top\]](#)

Area	Year	Period	Hourly Mean	Hourly by Percentile		
				25th	Median	75th
California	2024	1st Qtr	\$30.40	\$18.52	\$27.68	\$37.49

Occupational Projections of Employment (also called "Outlook" or "Demand")

[\[Top\]](#)

Area	Estimated Year-Projected Year	Employment		Employment Change		Total Job Openings
		Estimated	Projected	Number	Percent	
California	2020 - 2030	30,200	49,300	19,100	63.2	80,090

- **Labor Market Analysis Fitness Trainer**

<https://regionalcte.org/lmi/982--20240415121145361311.pdf>

Fitness Trainers and Instructors

Summary	What They Do	Work Environment	How to Become One	Pay	Job Outlo
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Summary

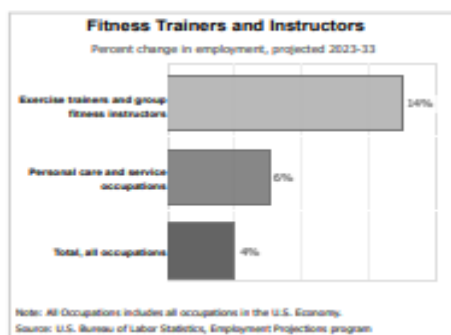
Quick Facts: Fitness Trainers and Instructors	
2023 Median Pay ?	\$46,480 per year \$22.35 per hour
Typical Entry-Level Education ?	High school diploma or equivalent
Work Experience in a Related Occupation ?	None
On-the-job Training ?	Short-term on-the-job training
Number of Jobs, 2023 ?	350,100
Job Outlook, 2023-33 ?	14% (Much faster than average)
Employment Change, 2023-33 ?	47,500

Fitness Trainers and Instructors

PRINTER-FRIENDLY

Summary	What They Do	Work Environment	How to Become One	Pay	Job Outlook	State & Area Data	Similar Occupations	More Info
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Job Outlook



Employment of fitness trainers and instructors is projected to grow 14 percent from 2023 to 2033, much faster than the average for all occupations.

About 73,700 openings for fitness trainers and instructors are projected each year, on average, over the decade. Many of those openings are expected to result from the need to replace workers who transfer to different occupations or exit the labor force, such as to retire.

Employment

Strong demand for exercise trainers and group fitness instructors is expected to continue due to widespread participation in a variety of fitness classes and sizable membership at gyms and recreation centers or studios.

As employers continue to recognize the benefits of health and fitness programs for their employees, incentives to join gyms or other types of health clubs are expected to increase the need for fitness trainers and instructors. For example, some organizations may open their own exercise facilities onsite to promote employee wellness.

Other employment growth will come from the continuing emphasis on exercise to combat obesity and encourage healthier lifestyles for people of all ages. As the share of older Americans grows, more people will likely seek to remain active to help prevent common injuries and illnesses associated with aging.

Participation in yoga and Pilates is expected to continue to increase, driven partly by older adults who want low-impact forms of exercise and relief from arthritis and other ailments.

Employment projections data for fitness trainers and instructors, 2023-33

Exercise trainers and group fitness instructors

SOC Code:

39-9031

Employment, 2023:

350,100

Projected Employment, 2033:

397,700

Change, 2023-33 (Percent):

14

Change, 2023-33 (Numeric):

47,500

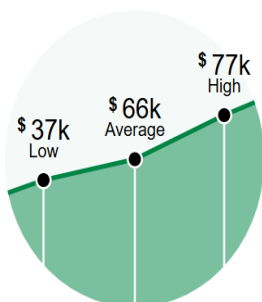
US Bureau of Labor Statistics

<https://www.bls.gov/ooh/personal-care-and-service/fitness-trainers-and-instructors.htm#tab-4>

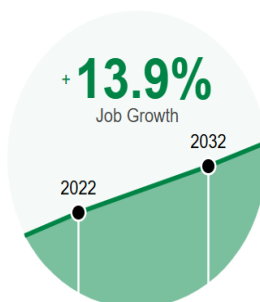
Salary, Growth and Careers

Salary

Careers associated with this program have a salary range from \$37,000 to \$77,000 with an average salary of \$66,000.

**Growth**

Career opportunities for this program are expected to grow nationwide from 2022 to 2032.

**Careers**

Exercise Trainers and Group Fitness Instructors

**Education Level**

High school diploma or equivalent




Education levels are meant to represent what is typical for entry into the career, based on data from the U.S. Bureau of Labor Statistics.

II. Does not represent unnecessary duplication of other manpower training programs in the area.

The Exercise Science Fitness Professional-Certificate does not represent duplication of other training programs in the local area. It is unique to Cuesta College.

III. Is of demonstrated effectiveness as measured by the employment and completion success of its students, [Core Indicator Reports \(Summary by TOP code\)](#)

	PERKINS IV Core Indicators of Performance by Vocational TOP Code Indicators for 2020-2021 Fiscal Year Planning Summary by College for: CUESTA - SAN LUIS OBISPO
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To display 4 or 6 digit TOP codes, click on the plus sign to the left of the TOP code.

		Core 1 Skill Attainment	Core 2 Completion	Core 3 Persistence	Core 4 Employment	Core 5a NT Participation	Core 5b NT Completion
01	AGRICULTURE AND NATURAL RESOURCES	25.00	100.00	100.00	33.33	75.00	75.00
02	ARCHITECTURE AND RELATED TECHNOLOGIES	93.10	100.00	93.10	40.00	27.59	32.00
05	BUSINESS AND MANAGEMENT	85.62	97.42	94.50	73.91	52.21	55.39
06	MEDIA AND COMMUNICATIONS	84.78	96.88	95.65	100.00	25.93	27.78
07	INFORMATION TECHNOLOGY	97.30	97.87	91.89	55.56	9.46	8.16
08	EDUCATION	95.00	87.50	90.00	75.00		
0835	PHYSICAL EDUCATION	100.00	80.00	100.00	33.33		
0836	RECREATION	92.86	90.91	85.71	100.00		
09	ENGINEERING AND INDUSTRIAL TECHNOLOGIES	91.23	85.23	88.30	82.29	6.44	7.45
10	FINE AND APPLIED ARTS	100.00	85.19	90.48	86.67	50.00	47.62
12	HEALTH	62.26	99.23	94.27	93.52	26.78	25.84
13	FAMILY AND CONSUMER SCIENCES	80.16	96.14	94.95	59.35	7.50	9.05
14	LAW	100.00	100.00	96.88	80.00	15.63	21.43
16	LIBRARY SCIENCE	85.71	100.00	83.02	76.67	10.71	6.98
21	PUBLIC AND PROTECTIVE SERVICES	87.59	98.85	96.35	50.91	45.33	46.94

Performance Rate Less Than Goal is Shaded

Total Count is 10 or Greater

Total Count is Less Than 10

Core 1 - Skill Attainment, GPA 2.0 & Above: 91.75% Performance Goal - (2017- 2018)

Core 2 - Completions, Certificates, Degrees and Transfer Ready: 89.00% Performance Goal - (2017- 2018)

Core 3 - Persistence in Higher Education: 91.00% Performance Goal - (2017- 2018)

Core 4 - Employment: 73.23% Performance Goal - (2017- 2018)

Core 5 - Training Leading to Non-traditional Employment: Greater than 23.93% Participation & 28.02% Completion - (2017- 2018)

Source: CCCCC MIS Database, EDD Base Wage File, CSU Chancellor's Office,
UC Office of the President, 2000 Census, Student Loan Clearing House

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Report Create Date: 02/01/2010

- The Exercise Science Fitness Professional Certification does not fit specifically within Physical Education or Recreation Vocational Top Code. There is not a specific top code related to the certification.