

Athletic & Fitness Trainers

Inland Empire/Desert Region (Riverside-San Bernardino-Ontario Metropolitan Statistical Area)

Summary

- Employment for the athletic & fitness trainers occupational group is expected to **increase by 13%** from 2017 through 2022 in the Inland Empire/Desert region. **A total of 3,400 job openings** will be available over the five-year projection period.
- The **entry-level wage** for the athletic & fitness trainers occupational group is **above the MIT Living Wage estimate of \$12.30 per hour** for a single adult living in the Inland Empire/Desert Region.
- There appears to be an **opportunity for program growth** based on the average annual number of program completions for the selected community college program (**25 average annual community college credentials**) and the annual openings for athletic and fitness trainers occupations in the region (**680 annual job openings**).

Introduction

The athletic training and sports medicine community college program prepares students for employment in athletic training, injury treatment, rehabilitation, fitness assessment, and related fields.¹ The two occupations that directly crosswalk to the training provided by this program include:

- Athletic Trainers
- Fitness Trainers and Aerobics Instructors

¹ The Taxonomy of Programs, 6th Edition, February 2004

Job Opportunities

In 2017, there were 3,482 athletic and fitness trainers jobs in the Inland Empire/Desert Region. Occupational employment related to this group is expected to increase by 13% through 2022. Employers will need to hire 3,400 workers over the next five years to fill new jobs and to backfill jobs that workers are leaving – including retirements. Exhibit 1 displays the projected growth for athletic and fitness trainers in the region. Appendix A, Table 1 shows the projected job growth for each of the occupations in this group.

Exhibit 1: Five-year projections for athletics and fitness trainers in the Inland Empire/Desert Region

Region	2017 Jobs	5-Yr % Change (New Jobs)	5-Yr Openings (New + Replacement Jobs)	Annual Openings (New + Replacement Jobs)	% of workers age 55+
Inland Empire/Desert	3,482	13%	3,400	680	17%

Source: EMSI 2018.3

Earnings

The entry-level wage for the athletic trainer occupational group is above the MIT Living Wage estimate for a single adult living in the Inland Empire/Desert Region (\$12.30 per hour or \$25,584 annually). These wages are also sufficient for two working adults and one child (\$14.50 per hour, per adult or \$30,160 annually for each adult). Please visit the MIT Living Wage website for more details on the living wage calculation and methodology.

<http://livingwage.mit.edu/metros/40140>

Exhibit 2: Earnings for the athletic and fitness trainers occupational group in the Inland Empire/Desert region

Occupation	Entry to Experienced Hourly Earnings Range*	Median Wage*	Avg. Annual Earnings
Athletic Trainers	\$23.87 to \$33.53	\$27.94	\$57,300
Fitness Trainers and Aerobics Instructors	\$17.15 to \$25.78	\$20.74	\$46,200

Source: EMSI 2018.3

*Entry Hourly is 25th percentile wage, the median is 50th percentile wage, experienced is 75th percentile wage.

Job Postings, Top Employers, Skills, Education, and Certifications

On average, local employers fill online job postings for athletic and fitness trainers within 42 days. When compared to the national average, it takes two days longer for local employers to find qualified candidates to fill open positions in the Inland Empire/Desert Region. Exhibit 3 displays the number of job ads posted during the last 12 months for athletic trainers along with the regional and national average time to fill.

Exhibit 3: Employer job ads and time to fill for athletic and fitness trainers in the Inland Empire/Desert Region during the last 12 months, November 2017 – October 2018

Occupation	Job Ads	Regional Average Time to Fill (Days)	National Average Time to Fill (Days)
Fitness Trainers and Aerobics Instructors	414	48	44
Athletic Trainers	43	40	36
Total	457	-	-

Source: Burning Glass – Labor Insights

Exhibit 4 displays the top employers posting job ads over the last 12 months.

Exhibit 4: Top employers for the athletic & fitness trainers occupational group in the Inland Empire/Desert Region, November 2017 – October 2018

Occupation	Top Employers
Fitness Trainers and Aerobics Instructors (n=386)	<ul style="list-style-type: none"> • 24 Hour Fitness • LA Fitness • Crunch Fitness
Athletic Trainers (n=38)	<ul style="list-style-type: none"> • California State University • University of California • California Baptist University

Source: Burning Glass – Labor Insights

Exhibit 5 lists the in-demand skills that employers are seeking when looking for workers for athletic and fitness trainers positions. The skills reported in job postings may be utilized as a helpful guide for curriculum development. Specialized skills are occupation-specific skills employers are requesting for industry or job competency. Employability skills are foundational skills that transcend industries and occupations; this category is commonly referred to as “soft skills.”

Exhibit 5: Top skills for the athletic & fitness trainers occupational group in the Inland Empire/Desert Region, November 2017 – October 2018

Occupations	Specialized skills	Employability skills
Fitness Trainers and Aerobics Instructors (n=325)	<ul style="list-style-type: none"> • Cardiopulmonary Resuscitation (CPR) • Teaching • Group Fitness 	<ul style="list-style-type: none"> • Communication Skills • Physical Abilities • Energetic
Athletic Trainers (n=31)	<ul style="list-style-type: none"> • CPR • Rehabilitation • Scheduling 	<ul style="list-style-type: none"> • Communication Skills • Organizational Skills • People Management

Source: Burning Glass – Labor Insights

Exhibit 6 displays the entry-level education typically required to enter these occupations according to the Bureau of Labor Statistics, educational attainment for incumbent workers with “some college, no degree” and an “associate degree” according to the U.S. Census, and the minimum advertised education requirement requested by employers in online job ads.

Exhibit 6: Educational attainment and online job ads with minimum advertised education requirements for the athletic & fitness trainers occupational group in the Inland Empire/Desert Region

Occupation	Typical Entry-Level Education Requirement	Two-Year Postsecondary Level of Educational Attainment*	Minimum Advertised Education Requirement from Job Ads			
			Number of Job Postings (n=)	High school diploma or vocational training	Associate degree	Bachelor’s degree or higher
Fitness Trainers and Aerobics Instructors	High school diploma or equivalent	34%	169	86%	1%	13%
Athletic Trainers	Bachelor’s degree	22%	38	34%	-	66%

Source: EMSI 2018.3, Burning Glass – Labor Insights

*Percentage of incumbent workers with a Community College Credential or Some Postsecondary Coursework

Exhibit 7 displays the top certifications required by employers posting job ads for the athletic and fitness trainers occupational group in the Inland Empire/Desert Region. The top certification for both occupations that employers are looking for is first aid and CPR/AED.

Exhibit 7: Top certifications required by employers for the athletic & fitness trainers occupational group in the Inland Empire/Desert Region, November 2017 – October 2018

Occupation	Certifications
Fitness Trainers and Aerobics Instructors (n=140)	<ul style="list-style-type: none"> • First Aid CPR AED • Personal Fitness Trainer Certification • Sports Medicine Certification
Athletic Trainers (n=28)	<ul style="list-style-type: none"> • Athletic Trainer Certification • First Aid CPR AED • American Red Cross or American Heart Association certificate in cardiopulmonary care

Source: Burning Glass – Labor Insights

Student Completions

Exhibit 8 shows the annual average regional community college credentials (associate degrees and certificates) conferred during the three academic years between 2014 and 2017, with the relevant TOP code as well as the program title used at each college, sourced from the Chancellor’s Office Curriculum Inventory (COCI). Exhibit 9 displays credentials granted from other educational institutions from 2013 to 2016, along with the relevant CIP code. Please note, a credential is not equivalent to a single person in search of a job opening since a student may earn more than one credential, such as an associate degree in addition to a certificate. Community College student outcome information is from the CTE LaunchBoard based on the selected TOP code and region.

Exhibit 8: Annual average community college student completions for athletic training and sports medicine programs in the Inland Empire/Desert Region

1228.00 - Athletic Training and Sports Medicine	Annual Community College Headcount (2016-17)	Community College Annual Average Credentials (2014-17)
Chaffey	21	
Mt. San Jacinto	66	
Riverside – Exercise, Sport & Wellness: Athletic Training		
Associate Degree		1
Certificate 18 to < 30 semester units		2
Victor Valley	69	
Total community college headcount (2016-17)	156	
Total annual average community college credentials (2014-17)		3

Source: LaunchBoard, IPEDS

1228.00 Athletic Training and Sports Medicine program Strong Workforce outcomes in the Inland Empire/Desert Region in the academic year 2015-16 [unless noted otherwise]:

- Number of course enrollments: 163 (California median: 43) [2016-17]
- Employed in the second fiscal quarter after exit: 65% (CA: 60%)
- Median earnings in the second fiscal quarter after exit: \$4,671 (CA: \$4,550)
- Employed in the fourth fiscal quarter after exit: 70% (CA: 65%)
- Median annual earnings: \$19,431 (CA: \$16,241)
- Median change in earnings: N/A (CA: 64%)

Exhibit 9: Annual average other educational institutions student completions for athletic training/trainer programs in the Inland Empire/Desert Region

51.0913 – Athletic Training/Trainer (CIP)	Other Educational Institutions Annual Average Certificates or Other Credit Credentials (2013-16)
Westech College	
Award 1 < 2 academic years	22
Total annual average other awards	22

Source: IPEDS

Sources

- California Community Colleges Chancellor’s Office Management Information Systems (MIS)
- CTE LaunchBoard
- Center of Excellence TOP to SOC crosswalk
- Economic Modeling Specialists International (EMSI)
- Labor Insight/Jobs (Burning Glass)
- MIT Living Wage Calculator
- O*Net Online
- The Taxonomy of Programs, 6th Edition

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Appendix A: Occupation definitions, sample job titles, five-year projections, and earnings for athletic and fitness trainers occupations

Occupation Definitions (SOC code), Education and Training Requirement, Community College Education Attainment

Athletic Trainers (SOC: 29-9091)

Evaluate and advise individuals to assist recovery from or avoid athletic-related injuries or illnesses, or maintain peak physical fitness. May provide first aid or emergency care.

Sample of reported job titles: *Assistant Athletic Trainer, Athletic Instructor, Athletic Trainer, Certified Athletic Trainer, Clinical Instructor, Graduate Assistant Athletic Trainer, Head Athletic Trainer, Head Athletic Trainer/Strength Coach, Resident Athletic Trainer, Sports Medicine Coordinator*

Entry-Level Educational Requirement: Bachelor's degree

Training Requirement: None

Percentage of incumbent workers with a Community College Award or Some Postsecondary Coursework: 22%

Fitness Trainers and Aerobics Instructors (SOC: 39-9031)

Instruct or coach groups or individuals in exercise activities. Demonstrate techniques and form, observe participants, and explain to them corrective measures necessary to improve their skills.

Sample of reported job titles: *Aerobics Instructor, Fitness Coordinator, Fitness Director, Fitness Instructor, Fitness Specialist, Fitness Trainer, Group Exercise Instructor, Group Fitness Instructor, Personal Trainer, Yoga Instructor*

Entry-Level Educational Requirement: High school diploma or equivalent

Training Requirement: Less than one-month on-the-job training

Percentage of incumbent workers with a Community College Award or Some Postsecondary Coursework: 34%



Table 1. 2017 to 2022 job growth, wages, education, training, and work experience required for the athletic and fitness trainers occupational group, Inland Empire/Desert Region

Occupation (SOC)	2017 Jobs	5-Yr Change	5-Yr % Change	Annual Openings (New + Replacement Jobs)	Entry-Experienced Hourly Wage*	Median Hourly Wage*	Average Annual Earnings	Typical Entry-Level Education & On-The-Job Training Required	Work Experience Required
Fitness Trainers and Aerobics Instructors (39-9031)	3,351	408	12%	667	\$17.15 to \$25.78	\$20.74	\$46,200	High school diploma or equivalent & less than 1 month	None
Athletic Trainers (29-9091)	130	29	22%	13	\$23.87 to \$33.53	\$27.94	\$57,300	Bachelor's degree & none	None
Total	3,482	436	13%	680	-	-	-	-	-

Source: EMSI 2018.3

*Entry Hourly is 25th percentile wage, the median is 50th percentile wage, experienced is 75th percentile wage