

PROGRAM APPROVAL APPLICATION
NEW or SUBSTANTIAL CHANGE or LOCALLY APPROVED
(This application may not exceed 3 pages)

Fill In Form

Fitness Trainer Proposed Program Title	Fall 2017 Projected Program Start Date
Cerritos College College	CCC District

Contact Information

Nick Real Voting Member	Instructional Dean, Technology Title
562-860-2451 ext 2903 Phone Number	yreal@cerritos.edu Email

Goal(s) of Program (Check all that apply):

Career Technical Education (CTE) Transfer Other

Type of Program (Check all that apply):

Certificate of Achievement 12-17 (or 17-27 quarter) units Certificate of Achievement 18+ semester (or 27+ quarter) units
 Associate of Science Degree Associate of Arts Degree

Reason for Approval Request (Check One):

New Program Substantial Change Locally Approved

Program Information

0835.20	Recommended Taxonomy of Program (TOP) Code
NA	Units for Major-Degree
NA	Total Units for Degree
13	Required Units-Certificate

Written Form

1. Insert the description of the program as it will appear in the catalog. (See PCAH pp. 142 and 170)

**Exercise Science:
 Fitness Trainer**

Certificate of Achievement

The Exercise Science: Fitness Trainer Certificate of Achievement is designed to prepare students to work in the fitness industry. The required core courses provide students with the academic preparation and skills required for

employment as a Fitness Trainer and to prepare for several national certification exams. Students completing the certificate are well prepared to work in their field of choice while continuing their education.

<u>Department Requirements:</u>			<u>Units</u>
KIN	110	Community First Aid and CPR	3.0
or HED	110	Community First Aid and CPR	(3.0)
KIN	202	Measurement and Interpretation of Fitness	3.0
KIN	203	Programs and Principles of Conditioning	3.0
KIN	205	Anatomical Movement Analysis	3.0
KIN	271B	Occupational Work Experience in Fitness	1.0
TOTAL REQUIREMENTS:			13.0

2. Provide a brief rationale for the program.

Cerritos College has a long history of offering fitness training with our 1st program being offered in 2000. There have been several minor changes to the existing programs over the years but this is the first major addition. This new certificate has been created to provide a ladder approach to curriculum development in the fitness area. The advisory committee agreed that the stackable awards within our fitness program was the right approach. This new program will nest with our existing fitness certificate and degree to allow students to step up to higher level awards as they complete courses. This certificate should not impact other programs as it is an extension of what already exists at the college. This new program will mostly draw upon courses that already exist for the current fitness programs. This new certificate will provide a different award opportunity. This will be the first step on the fitness ladder. Student will be able to continue on to achieve a higher unit certificate and an associate degree in fitness. It is expected that this lower unit certificate will improve completion rates.

3. Summarize the Labor Market Information (LMI) and employment outlook (including citation for the source of the data) for students exiting the program. (See PCAH pp. 85-88, 136, 147, 148, 165, 168, and 176)

The Center of Excellence provided spreadsheets for the Strong Workforce project to quantify both supply and demand for specific occupations. From a supply standpoint, there were an average of 10 certificates awarded per year in the last three years in Los Angeles county. Demand for Athletic Trainers (29-9091) has been estimated at 666 for 2018 resulting in a 15.5% increase since 2015. Demand for Fitness Trainers and Aerobics Instructors (39-9031) has been estimated at 12,754 for 2018 resulting in a 10% increase since 2015. The median hourly wage is respectively \$26.73 and \$25.06 per hour). EMSI corroborated this data by indicating that both of those SOC codes had 497 monthly postings for 628 hires from July 2014 to July 2016 in LA and Orange counties.

4. List similar programs at other colleges in the Los Angeles and Orange County Region which may be adversely impacted. (There is space for 10 listings, if you need more, please contact laocrc@rscdd.edu)

College	Program	Who You Contacted	Outcome of Contact
Coastline Community College	Could not find similar program	_____	_____

Cypress College	1. Aerobics Instructor 2. Aquatics Specialist	Dr. Richard Rams	Forwarded email to department coordinator and curriculum rep. curriculum rep requested copies of attachment B No response yet
Fullerton College	Personal Trainer; Group Fitness Instructor; Physical Education - Fitness	David Grossman	
Glendale Community College	1. Exercise Science & Personal Training 2. Personal Trainer 3. Personal Training Specialist		Left voice message to obtain contact information.
Irvine Valley College	Fitness Professional Certificate	Dr. Keith Shackelford	No response yet
Los Angeles Harbor College	Liberal Arts and Sciences: Health and Fitness	Nabeel Barakat	
Mt. San Antonio College	1. Fitness Specialist/Personal Trainer	Joe Jennum	No response yet
Orange Coast College	2. Kinesiology & Wellness Nutrition and Fitness Education, Fitness Specialist: Health Instructor/Per. Trainer, Fitness Specialist; Health Fitness Instructor/Pers. Trainer	Michael Andrew Sutliff	No response yet
Rio Hondo College	Fitness Specialist	Steve Hebert	No response yet
Santa Ana College	Fitness Specialist	DC - Brian Sos	OK with program
Santa Monica College	AA in Kinesiology	DC- Elaine Roque	No response yet
Saddleback College	1. AA in Kinesiology 2. Yoga Teacher	Tony Lipold	No response yet

5. List all courses required for program completion, including core requirements, restricted electives and prerequisites. (There is space for 20 listings, if you need more, please contact laocrc@rscsd.edu). (See PCAH pp. 143 and 171)

Courses	Course Number	Course Title	Units
Core	KIN 110 or HED 110	Community First Aide and CPR	3
Core	KIN 202	Measurement and Interpretation of Fitness	3
Core	KIN 203	Programs and Principles of Conditioning	3
Core	KIN 205	Anatomical Movement Analysis	3
Core	KIN 271B	Occupational Work Experience in Fitness	1

6. Include any other information you would like to share.