

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

**Fill In Form**

Fitness Specialist/Personal Trainer Program  
 Proposed Program Title

Fall 2018  
 Projected Program Start Date

Los Angeles City College  
 College

Los Angeles Community College District  
 District

**Contact Information**

Alex A. Davis

Dean, Academic Affairs, Office of EWD Education, LA City College

Voting Member

Title

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 Phone Number

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 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](#)  
 \_\_\_\_\_                      Units for Major-Degree  
 \_\_\_\_\_                      Total Units for Degree  
 23                      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)**

The Fitness Specialist/Personal Trainer Certificate is designed to prepare students with the knowledge, skills and abilities required to become a Personal Trainer. The program course work will prepare students to successfully obtain the American Council on Exercise (ACE) Personal Training Certification, develop comprehensive knowledge of evidence based practice and to learn and apply the tools, protocols and resources specific to the personal training industry. Practical experience is integrated into curriculum so as to develop the skills required for employment as a personal trainer. Students are recommended to have basic knowledge of human biology, basic English writing and speaking skills, and the ability to perform moderate physical activity before beginning this program.

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**2. Provide a brief rationale for the program.**

As the fitness industry continues to grow in Los Angeles County (projected 12% growth of the next five year providing 400 or more annual employment opportunities)<sup>1</sup>, there is a demand for a qualified and prepared personal training work force. The minimum education requirements for Personal Training positions require a high school diploma and a Personal Training Certification that has been accredited by the National Commission for Certifying Agencies. With several regional private organizations offering preparatory personal training curricula with tuition ranging from \$6000 - \$16,000<sup>2</sup>, there is a unique opportunity to provide an affordable and centrally located solution to access employment opportunities in the fitness industry.

- 1) LA/OC Center of Excellence for Labor Market Research on the Health and Fitness Specialist/Personal Trainer Programs in Los Angeles County - September 2017
- 2) American Fitness & Nutrition Academy (AFNA), Pasadena, \$7,482.00 <http://afna.edu/become-a-personal-trainer>  
National Personal Training Institute (NPTI), Santa Monica, \$6,599.00 <http://nationalpti.edu/school/santa-monica-ca/>  
Southern California Health Institute, Reseda, \$16,172.00 <http://www.sochi.edu/academics/personal-trainer-certification-program/>  
Bryan University, Los Angeles, \$12,089.00 <http://bryanuniversity.edu/undergraduate-programs/personal-trainer-undergraduate-certificate-los-angeles/career-outlook/>

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**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)**

As stated earlier, the LA/OC Center of Excellence for Labor Market Research on the Health and Fitness Specialist/Personal Trainer Programs in Los Angeles County has projected 12% increase in fitness training careers over the next 5 year with over 400 new fitness training jobs projected annually. The average annual earnings for Fitness Trainers and Aerobics instructors is \$49, 180. In 2016 there were 1425 fitness jobs posted by employers with 78% of those positions being specific to personal trainers and group exercise instructors<sup>1</sup>. Furthermore there are a multitude of full time career growth opportunities within the fitness industry in which fitness training is an entry level position. This includes Director of Personal Training, Fitness Manager, Assistant General Manager, General Manager, On-Site Health Promotion Specialist, Regional Personal Training Director, National Personal Training Director, District Manager, and Regional Vice President.

- 1) LA/OC Center of Excellence for Labor Market Research on the Health and Fitness Specialist/Personal Trainer Programs in Los Angeles County - September 2017
- 2) Optum On-Site Career Trajectory – Peter Parasiliti, Director of Fitness Services Education

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](mailto:laocrc@rscdd.edu))

College	Program	Who You Contacted	Outcome of Contact
College of the Canyons	Personal Training Certificate of Specialization		
Rio Hondo	Fitness Specialist Certificate		
Glendale College	Fitness Specialist		
Mt. San Antonio College	Fitness Specialist/Personal Trainer		

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@rscdd.edu](mailto:laocrc@rscdd.edu)). (See PCAH pp. 143 and 171)

Courses	Course Number	Course Title	Units
Health	002	Health and Fitness	3
Health	012	Safety Education and First Aid	3
Kinesiology Major	117	Personal Trainer Instructor	3
Health	011	Principles of Healthful Living	
Marketing	001	Principles of Selling	3
Marketing	021	Principles of Marketing	3
Management	013	Small Business Entrepreneurship	3
English	028	Intermediate Reading and Comprehension	3
Kinesiology	250-1 or 250-2	Weight Training Skills 1 or 2	1
Kinesiology	251-1 or 251-2 or 251-3	Yoga Skills 1, 2 or 3	
Kinesiology	229	Body Conditioning	1
Kinesiology	326	Aerobic Super Circuit Laboratory	1
Kinesiology	202	Lap Swimming	1
Kinesiology	328	Bicycle Spinning Activity	1
Kinesiology	334	Walking for Fitness	1
Kinesiology	246	Body Sculpting	1
Kinesiology	230	Cardio Kickboxing Fitness	1
Kinesiology	333	Step Aerobics and Weight Training	1
Kinesiology	307	Swim and Run	1
Kinesiology	331	Cross Training Lab	1
Kinesiology	327	Beginning Lifelong Fitness	1
Kinesiology	335	Fitness Through Cross Country Conditioning	1
Kinesiology	249-1 or 249-2	Stress Management Technique	1
Kinesiology	285	Directed Study	2

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