

**Program Endorsement Brief: 0835.20/Fitness Trainer
Personal Training Specialist; Athletic Training; and Yoga Instructor**
Los Angeles/Orange County Center of Excellence, December 2018

Summary:

The Los Angeles/Orange County Center of Excellence for Labor Market Research (COE) prepared this report to provide regional labor market supply and demand data related to fitness trainer. This report is intended to help determine whether there is demand in the local labor market that is not being met by the supply from community college programs that align with relevant occupations.

The following summarizes key findings from this data brief:

- Fitness trainers jobs are increasing by 13% over the next five years, and more than 2,600 job openings will be available annually due to new job growth and replacement need.
- Over the past 12 months, there were 2,476 online job postings related to fitness trainers in Los Angeles and Orange Counties.
- Seven other related program recommendation requests were received between January and November 2018 from regional community colleges.
- Seven colleges in the region have existing programs closely related to fitness training.
- Between 2014 and 2017, community colleges in the region conferred an average of 32 awards annually (associate degrees and certificates) in related training programs.

Occupational Demand—In Los Angeles/Orange County the number of jobs for fitness trainers is projected to increase by 13%. There will be more than 2,600 job openings per year through 2022 (Exhibit 1).

Exhibit 1: Occupational demand in Los Angeles and Orange Counties¹

Geography	2017 Jobs	2022 Jobs	2017-2022 Change	2017-2022 % Change	Annual Openings
Los Angeles	10,092	11,340	1,248	12%	1,947
Orange	3,592	4,132	540	15%	710
Total	13,684	15,472	1,788	13%	2,657

Wages—Entry-level wages for fitness trainers/aerobics instructors in the region are \$11.71, and \$19.49 for athletic trainers. Entry-level wages for fitness trainers/aerobics instructors are lower than the MIT Living hourly wage for one adult in the region (\$13.54 in Los Angeles County and \$15.31 in Orange County). Experienced fitness trainers/aerobics instructors earn \$35.94, which is higher than the living wage. Regional wages are below the average statewide wage for this occupation.

¹ Five-year change represents new job additions to the workforce. Annual openings include new jobs and replacement jobs that result from retirements and separations.

Job Postings—There were 2,476 online job postings related to fitness trainers listed in the past 12 months. Of the fitness specializations focused on in this data brief, the majority of job postings are for personal trainer (607 postings), yoga instructor (161) and athletic trainer (77). Top specialized skills are: cardiopulmonary resuscitation (CPR), teaching and client base retention. The top three employers, by number of job postings, in the region are: 24 Hour Fitness, Equinox and YMCA.

Educational Attainment—The BLS lists a Bachelor’s degree for athletic trainers and a high school diploma for fitness trainers/aerobics instructors as the typical entry-level education for these occupations. The national-level educational attainment data indicates between 27% and 34% of workers in the field have completed some college or an associate degree. In Los Angeles/Orange County, 97% of job postings request a high school diploma.

Community College Supply—Appendix A shows the three-year average number of awards conferred by community colleges in the related TOP code: Fitness Trainer (0835.20). The colleges with the most completions in the region are: Orange Coast and Rio Hondo. Between January and November 2018, there were seven other related program recommendation requests from regional community colleges.

Appendix A: Regional community college awards (certificates and degrees), 2014-2017

TOP Code	Program	College	2014-15 Awards	2015-16 Awards	2016-2017 Awards	3-Year Award Average
0835.20	Fitness Trainer	Cerritos	4	3	1	3
		Fullerton	2	8	2	4
		Irvine	5	7	3	5
		Orange Coast	13	7	8	9
		Rio Hondo	8	5	9	7
		Saddleback	2	-	-	1
		Santa Ana	2	2	4	3
Total/Average			36	32	27	32

Appendix B: Local programs regional community colleges for 0835.20 – Fitness Trainer

College	Program Names	Award Type
Cerritos	Fitness Trainer; Fitness Specialist	A.A.; Certificate
Cypress	Fitness Specialist	Certificate
Fullerton	Physical Education – Fitness; Group Fitness Instructor; Personal Trainer; Pilates	A.S.; Certificate
Irvine	Fitness Professional	Certificate

Orange Coast	Yoga Instructor Training; Fitness Specialist: Health Fitness Instructor/Personal Trainer	A.S.; Certificate; Noncredit
Pasadena	Yoga Teacher Training	A.S.; Certificate
Rio Hondo	Yoga Teacher Training Certificate; Strength and Performance Coach; Fitness Specialist	Certificate
Santa Ana	Fitness Specialist	Certificate

Appendix C: Occupational demand and wage data by county

Exhibit 2. Los Angeles County

Occupation (SOC)	2017 Jobs	2022 Jobs	5-Yr Change	5-Yr % Change	Annual Openings	Entry-Level Hourly Earnings	Median Hourly Earnings	Experienced Hourly Earnings
Fitness Trainers and Aerobics Instructors (39-9031)	9,660	10,833	1,173	12%	1,909	\$11.73	\$20.49	\$34.05
Athletic Trainers (29-9091)	433	507	74	17%	38	\$18.90	\$23.84	\$37.35
Total	10,092	11,340	1,248	12%	1,947			

Exhibit 3. Orange County

Occupation (SOC)	2017 Jobs	2022 Jobs	5-Yr Change	5-Yr % Change	Annual Openings	Entry-Level Hourly Earnings	Median Hourly Earnings	Experienced Hourly Earnings
Fitness Trainers and Aerobics Instructors (39-9031)	3,354	3,851	497	15%	688	\$12.35	\$21.15	\$41.40
Athletic Trainers (29-9091)	238	281	43	18%	21	\$20.33	\$25.20	\$32.11
Total	3,592	4,132	540	15%	710			

Exhibit 4. Los Angeles and Orange Counties

Occupation (SOC)	2017 Jobs	2022 Jobs	5-Yr Change	5-Yr % Change	Annual Openings	Entry-Level Hourly Earnings	Median Hourly Earnings	Experienced Hourly Earnings
Fitness Trainers and Aerobics Instructors (39-9031)	13,014	14,684	1,670	13%	2,597	\$11.71	\$20.69	\$35.94
Athletic Trainers (29-9091)	670	789	119	18%	59	\$19.49	\$24.37	\$35.18
Total	13,684	15,472	1,788	13%	2,657			

Appendix D: Sources

- O*NET Online
- Labor Insight/Jobs (Burning Glass)
- Economic Modeling Specialists, International (EMSI)
- Employment Development Department, Labor Market Information Division, OES
- Employment Development Department, Unemployment Insurance Dataset
- Living Insight Center for Community Economic Development
- California Community Colleges Chancellor's Office Management Information Systems (MIS)
- MIT Living Wage
- Chancellor's Office Curriculum Inventory (COCI 2.0)

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