

Program Endorsement Brief: 0835.20/Fitness Trainer

Los Angeles/Orange County Center of Excellence, September 2019

Summary Analysis

The Los Angeles/Orange County Center of Excellence for Labor Market Research (COE) prepared this report to provide Los Angeles/Orange County regional labor market supply and demand data related to the middle-skill occupation: fitness trainers and aerobics instructors (39-9031). Middle-skill occupations typically require some postsecondary education, but less than a bachelor's degree.¹ 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 the relevant occupation.

Based on the available data, there appears to be a supply gap for this occupation in the region. **Therefore, the COE endorses this proposed program.** Reasons include:

Demand:

- Over the next five years, there is projected to be **3,107 jobs available annually** in the region due to new jobs, retirements, and workers leaving the field which is more than the **32 awards** conferred annually from regional training programs.
- Although the Bureau of Labor Statistics (BLS) lists a high school diploma or equivalent as the typical entry-level education for fitness trainers and aerobics instructors, 34% of workers in the field have completed some college or an associate degree.

Supply:

- There are **seven community colleges** in the region have fitness trainer programs, conferring **32 awards annually** between 2015 and 2018.
- Over the past 12 months, there were four other related program recommendation requests from regional community colleges.

¹ The COE classifies middle-skill jobs as the following:

- All occupations that require an educational requirement of some college, associate degree or apprenticeship;
- All occupations that require a bachelor's degree, but also have more than one-third of their existing labor force with an educational attainment of some college or associate degree; or
- All occupations that require a high school diploma or equivalent or no formal education, but also require short- to long-term on-the-job training where multiple community colleges have existing programs.

Occupational Demand

Exhibit 1 shows the five-year occupational demand projections for fitness trainers and aerobics instructors. In Los Angeles/Orange County, the number of fitness trainer and aerobics instructor jobs is projected to increase by 14% through 2023. There will be more than 3,100 job openings per year through 2023 due to new jobs, retirements, and workers leaving the field.

Exhibit 1: Occupational demand in Los Angeles and Orange Counties²

Geography	2018 Jobs	2023 Jobs	2018-2023 Change	2018-2023 % Change	Annual Openings
Los Angeles	11,082	12,525	1,443	13%	2,235
Orange	4,218	4,841	623	15%	871
Total	15,300	17,366	2,066	14%	3,107

Wages — Typical median hourly wages for fitness trainers and aerobics instructors throughout the region are between \$23.38 and \$24.75.³ The median wage for fitness trainers and aerobics instructors is above the California Family Needs Calculator hourly wage for one adult in Los Angeles County (\$15.04) and for one adult in Orange County (\$17.36). Regional average wages are above the average statewide wage of \$26.46 for these occupations. Wage information, by county, is included in Appendix A.

Job Postings — There were 3,089 online job postings related to fitness trainers and aerobics instructors listed in the past 12 months. The highest number of job postings were for personal trainer, swim instructor, pilates instructor, and group fitness instructor. The top skills were: Cardiopulmonary Resuscitation (CPR), teaching, group fitness, and pilates. The top three employers, by number of job postings, in the region were: 24 Hour Fitness, YMCA, and Equinox. Of the 3,089 online job postings, 29% list a minimum education requirement.

Educational Attainment — The Bureau of Labor Statistics (BLS) lists a high school diploma or equivalent as the typical entry-level education for fitness trainers and aerobics instructors. The national-level educational attainment data indicates 34% of workers in the field have completed some college or an associate degree. Of the 29% of job postings for fitness trainers and aerobics instructors listing a minimum education requirement in Los Angeles/Orange County, 95% (839) requested a high school diploma and 5% (46) requested an associate degree.

Supply

Community College Supply — Exhibit 2 shows the annual and three-year average number of awards conferred by community colleges in Fitness Trainer (0835.20) programs. The colleges with the most completions in the region are Irvine and Orange Coast. Over the past 12 months, there were four other related program recommendation requests from regional community colleges.

² Five-year change represents new job additions to the workforce. Annual openings include new jobs and replacement jobs that result from retirements and separations.

³ Entry-level wage is defined as the twenty-fifth percentile hourly wage. Wages for experienced workers are defined as the seventy-fifth percentile hourly wage.

Exhibit 2: Regional community college awards (certificates and degrees), 2015-2018

TOP Code	Program	College	2015-16 Awards	2016-17 Awards	2017-18 Awards	3-Year Award Average
0835.20	Fitness Trainer	Cerritos	3	1	-	1
		Glendale	-	-	5	2
		Rio Hondo	5	9	4	6
		LA	8	10	9	9
		Fullerton	8	2	5	5
		Irvine	7	3	13	8
		Orange Coast	7	8	9	8
		Santa Ana	2	4		2
		OC	24	17	27	23
		Total/Average	32	27	36	32

Appendix A: Occupational demand and wage data by county

Exhibit 3. Los Angeles County

Occupation (SOC)	2018 Jobs	2023 Jobs	5-Yr Change	5-Yr % Change	Annual Openings	Entry-Level Hourly Earnings (25 th Percentile)	Median Hourly Earnings	Experienced Hourly Earnings (75 th Percentile)
Fitness Trainers and Aerobics Instructors (39-9031)	11,082	12,525	1,443	13%	2,235	\$16.80	\$24.75	\$31.15

Exhibit 4. Orange County

Occupation (SOC)	2018 Jobs	2023 Jobs	5-Yr Change	5-Yr % Change	Annual Openings	Entry-Level Hourly Earnings (25 th Percentile)	Median Hourly Earnings	Experienced Hourly Earnings (75 th Percentile)
Fitness Trainers and Aerobics Instructors (39-9031)	4,218	4,841	623	15%	871	\$15.82	\$23.38	\$29.58

Exhibit 5. Los Angeles and Orange Counties

Occupation (SOC)	2018 Jobs	2023 Jobs	5-Yr Change	5-Yr % Change	Annual Openings	Entry-Level Hourly Earnings (25 th Percentile)	Median Hourly Earnings	Experienced Hourly Earnings (75 th Percentile)
Fitness Trainers and Aerobics Instructors (39-9031)	15,300	17,366	2,066	14%	3,107	\$16.53	\$24.32	\$30.55

Appendix B:

Sources

- O*NET Online
- Labor Insight/Jobs (Burning Glass)
- Economic Modeling Specialists, International (EMSI)
- Bureau of Labor Statistics (BLS)
- 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)
- California Family Needs Calculator, Insight Center for Community Economic Development
- Chancellor's Office Curriculum Inventory (COCI 2.0)

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