



Labor Market Analysis: 1228.00 – Athletic Training and Sports Medicine Sports Medicine

Associate of Arts (A.A.); Certificate of Achievement; Skills Certificate

Los Angeles Center of Excellence, May 2025

Program Endorsement:	Endorsed: All Criteria Met	☐	Endorsed: Some Criteria Met	☒	Not Endorsed	☐
Program Endorsement Criteria						
Supply Gap:	Yes	☒	No	☐		
Living Wage: (Entry-Level, 25th)	Yes	☐	No	☒		
Education:	Yes	☒	No	☐		
Emerging Occupation(s)						
Yes			☐	No		
				☒		

SUMMARY

This report analyzes whether local labor market demand is being met by community college programs aligned with the identified middle-skill occupations¹ or whether a shortage of workers exists. Labor market demand is measured by annual job openings while education supply is measured by the number of awards (degrees and certificates) conferred on average each year.

Based on the available data, there appears to be a supply gap for the two identified occupations in the region. While the majority of annual openings have entry-level wages that are lower than the self-sufficiency standard wage in both Los Angeles and Orange counties, approximately one-third of current workers in the field have completed some college/associate degree or less education as their highest level of educational attainment.

Recommendation: Due to two of three program endorsement criteria being met, the Los Angeles Center of Excellence for Labor Market Research (LA COE) endorses this proposed program.

Key Findings

Supply Gap

- 4,180 annual job openings are projected in the region through 2028. This number is greater than the three-year average of 2,022 awards conferred by educational institutions in the region.

¹ Middle-skill occupations typically require some postsecondary education, but less than a bachelor's degree. 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.

Living Wage

- 98% of annual job openings for these sport medicine-related occupations have entry-level wages **below** Los Angeles County's self-sufficiency standard hourly wage (\$24.03/hour).²

Educational Attainment

- 98% of the annual job openings typically require a high school diploma or equivalent for the target occupations related to sports medicine in the LA/OC region.
- 29%-41% of workers in the field have completed some college/an associate degree or less educational attainment, according to national educational attainment data.

Community college supply

- 18 community colleges issued awards related to sports medicine in the greater LA/OC region.
- 151 awards (degrees and certificates) were conferred on average each year between 2022 and 2024.

Other postsecondary supply

- 14 educational institutions in the LA/OC region have conferred awards in programs related to sports medicine over the past three years.
- 1,871 awards were conferred on average each year by other postsecondary institutions throughout the greater LA/OC region between 2021 and 2023.

TARGET OCCUPATIONS

LA COE prepared this report to provide regional labor market and postsecondary supply data related to two middle-skill occupations. Although one occupation in this report typically requires a bachelor's degree, it is included in this report since approximately one-third of workers in the field have completed some college/associate degree or less educational attainment and this occupation most closely aligns with the proposed program, illuminating a pathway for students who want to continue their education past the community college level. [For full occupation descriptions, please see Appendix.](#)

- **Athletic Trainers (29-9091)**³
- **Exercise Trainers and Group Fitness Instructors (39-9031)**⁴

OCCUPATIONAL DEMAND

Exhibit 1 shows the five-year occupational demand projections for these sports medicine-related occupations. In the greater Los Angeles/Orange County region, the number of jobs related to these occupations is projected to increase by 15% through 2028. There will be nearly 4,200 job openings per year through 2028 due to job growth and replacements. The majority of jobs in 2023 for these sports medicine-related occupations (71%) were located in Los Angeles County.

² Center for Women's Welfare, University of Washington. (2024). *The self-sufficiency standard for California 2024*. <http://selfsufficiencystandard.org/California>.

³ [Athletic Trainers \(bls.gov\)](#)

⁴ [Exercise Trainers and Group Fitness Instructors \(bls.gov\)](#)

Exhibit 1: Current employment and occupational demand, Los Angeles and Orange counties⁵

Geography	2023 Jobs	2028 Jobs	2023-2028 Change	2023-2028 % Change	Annual Openings
Los Angeles	13,647	15,612	1,965	14%	2,964
Orange	5,505	6,340	835	15%	1,216
Total	19,152	21,952	2,800	15%	4,180

Detailed Occupation Data

Exhibit 2 displays the current employment and projected occupational demand for each of the target occupations in Los Angeles County. Positive scores for automation resilience⁶ reflect a lower-than-average threat of the occupation(s) being replaced by automation, while negative scores reflect a greater-than-average risk of automation. The average percentage of workers aged 55+ across all occupations in the Los Angeles/Orange County region is 26%; occupations with a larger share of workers aged 55 and older typically have greater replacement needs to offset the amount of impending retirements. On average, 81% of workers across all occupations in California are employed full-time. Occupations with a lower-than-average percentage of full-time workers may have less employment security but may see increased activity in the gig economy.

Exhibit 2: Detailed employment and occupational demand, Los Angeles County⁷

Occupation	2023 Jobs	2028 Jobs	5-Yr % Change	Annual Openings	Automation Resilience	% Aged 55 and older	% Full Time Workers
Athletic Trainers	737	795	8%	61	8.3	20%	Data unavail.
Exercise Trainers and Group Fitness Instructors	12,911	14,817	15%	2,903	15.6	17%	44%
Total	13,647	15,612	14%	2,964	-	-	-

WAGES

The labor market endorsement in this report considers the entry-level hourly wages for these sports medicine-related occupations in Los Angeles County as they relate to the county's self-sufficiency standard wage. Orange County wages are included below in order to provide a complete analysis of the greater Los Angeles/Orange County region.

⁵ Five-year change represents new job additions to the workforce. Annual openings include new jobs and replacement jobs that result from retirements and separations.

⁶ Automation risk is calculated based on the percentage of time spent on high-risk compared to low-risk work, the number of high-risk jobs in compatible occupations, and the overall industry automation risk.

⁷ Five-year change represents new job additions to the workforce. Annual openings include new jobs and replacement jobs that result from retirements and separations.

Los Angeles County

The majority, 98%, of annual openings for sports medicine-related occupations have entry-level wages below the self-sufficiency standard wage for one adult (\$24.03 in Los Angeles County). Typical entry-level hourly wages are in a range between \$18.34 and \$28.37. (Exhibit 3).

One occupation has entry-level wages above the self-sufficiency standard wage:

- *Athletic trainers*, \$28.37

Experienced workers can expect to earn wages between \$37.53 and \$40.09, which are higher than the self-sufficiency standard.

Exhibit 3: Earnings for occupations in Los Angeles County

Occupation	Entry-Level Hourly Earnings (25 th Percentile)	Median Hourly Earnings	Experienced Hourly Earnings (75 th Percentile)	Median Annual Earnings*
Athletic Trainers	\$28.37	\$33.84	\$40.09	\$70,400
Exercise Trainers and Group Fitness Instructors	\$18.34	\$26.45	\$37.53	\$55,000

*Rounded to the nearest \$100

Orange County

Both occupations have entry-level wages below the self-sufficiency standard wage for one adult (\$27.13 in Orange County). Typical entry-level hourly wages are in a range between \$18.04 and \$26.06 (Exhibit 4). Experienced workers can expect to earn wages between \$36.91 and \$37.59, which are higher than the self-sufficiency standard.

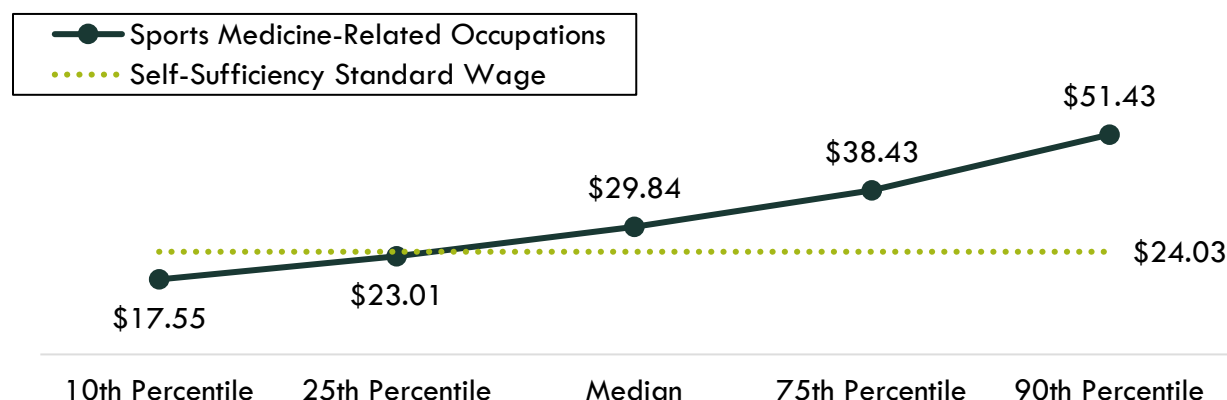
Exhibit 4: Earnings for occupations in Orange County

Occupation	Entry-Level Hourly Earnings (25 th Percentile)	Median Hourly Earnings	Experienced Hourly Earnings (75 th Percentile)	Median Annual Earnings*
Athletic Trainers	\$26.06	\$31.29	\$37.59	\$65,100
Exercise Trainers and Group Fitness Instructors	\$18.04	\$26.13	\$36.91	\$54,400

*Rounded to the nearest \$100

Across the greater Los Angeles and Orange County region, the average entry-level hourly earnings for the occupations in this report are \$23.01; this is below the living wage for one single adult in Los Angeles County (\$24.03). Exhibit 5 shows the average hourly wage for the occupations in this report, for entry-level to experienced workers.

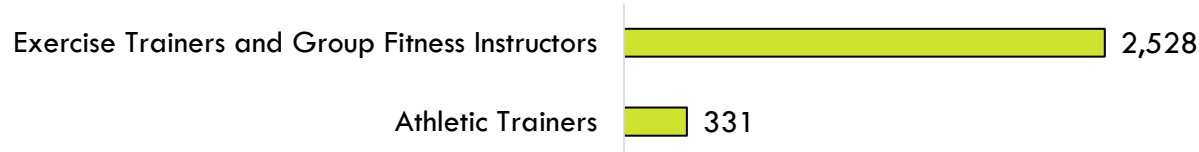
Exhibit 5: Average hourly earnings for sports medicine-related occupations, Los Angeles and Orange counties



JOB POSTINGS

There were 2,859 online job postings related to sports medicine listed in the past 12 months in Los Angeles and Orange counties. Exhibit 6 displays the number of job postings by occupation. The majority of job postings (88%) were for *exercise trainers and group fitness instructors*, followed by *athletic trainers* (12%).

Exhibit 6: Job postings by occupation (last 12 months), Los Angeles and Orange counties



Job postings were analyzed for the most common job titles, skills, and employers associated with the target occupations in this report (Exhibit 7).

Exhibit 7: Most commonly requested job titles, skills and employers in job postings, Los Angeles and Orange counties

Top Job Titles	Top Skills	Top Employers
- Personal trainers - Group fitness instructors - Pilates instructors - Yoga instructors - Athletic trainers - Fitness coaches - Fitness instructors	- Pilates - Group exercise instruction - Yoga - Kinesiology - Program Design - Fitness Training - Athletic Training	24 Hour Fitness - YMCA - Equinox - LA Fitness - Lifetime - StretchLab - Kev's gym

In the greater Los Angeles/Orange County region, 37% of the sports medicine-related job postings listed a minimum educational requirement. Exhibit 8 details the number and percentage of job postings by educational level.

Exhibit 8: Education levels requested in job postings for occupations related to sports medicine, Los Angeles and Orange counties

Education Level	Job Postings	% of Job Postings
Bachelor's degree	299	28%
Associate degree	72	7%
High school diploma or vocational training	683	65%

EDUCATIONAL ATTAINMENT

In the greater Los Angeles/Orange County region, the majority of annual job openings (98%) typically require a high school diploma or equivalent (Exhibit 9). The national-level data indicates between 29% and 41% of workers in the field have completed some college/an associate degree or less educational attainment. The Bureau of Labor Statistics (BLS) lists the following typical entry-level education levels for the occupations in this report:

Exhibit 9: Entry-level education preferred by employers nationally, Bureau of Labor Statistics

Occupation	Education Level
<i>Athletic trainers</i>	Bachelor's degree
<i>Exercise trainers and group fitness instructors</i>	High school diploma or equivalent

EDUCATIONAL SUPPLY

Community College Supply

Exhibit 10 shows the annual and three-year average number of awards conferred by community colleges in programs that have historically trained for the occupations of interest. The colleges with the most completions in the region are Orange Coast, Saddleback, Mt. San Antonio, and Pasadena.

Exhibit 10: Regional community college awards (certificates and degrees), 2022-2024

TOP Code	Program	College	2021-22 Awards	2022-23 Awards	2023-24 Awards	3-Year Average
0835.20	Fitness Trainer	Cerritos	5	8	8	7
		Compton	1	2	5	3
		East LA	2	1	-	1
		Glendale	4	3	2	3
		LA City	2	3	1	2

TOP Code	Program	College	2021-22 Awards	2022-23 Awards	2023-24 Awards	3-Year Average
		LA Harbor	1	1	2	1
		Long Beach	-	5	25	10
		Mt San Antonio	5	4	10	6
		Pasadena	11	13	14	13
		Rio Hondo	-	4	4	3
		LA Subtotal	31	44	71	49
		Cypress	7	4	12	8
		Fullerton	1	3	3	2
		Irvine	3	2	3	3
		Orange Coast	28	14	39	27
		Saddleback	34	19	18	24
		Santa Ana	1	2	3	2
		OC Subtotal	74	44	78	65
		Supply Subtotal/Average			105	88
0835.60	Coaching	Glendale	-	3	2	2
		Rio Hondo	2	6	1	3
		Santa Monica	11	10	9	10
		LA Subtotal	13	19	12	15
		Cypress	3	3	7	4
		Fullerton	1	2	-	1
		Irvine	-	-	2	1
		Orange Coast	-	-	1	0
		Saddleback	2	2	3	2
		OC Subtotal	6	7	13	9
Supply Subtotal/Average			19	26	25	23
1228.00	Athletic Training and Sports Medicine	Cerritos	12	3	1	5
		Mt San Antonio	9	3	9	7
		West LA	-	-	3	1
		LA Subtotal	21	6	13	13
Supply Subtotal/Average			21	6	13	13
Supply Total/Average			145	120	187	151

Exhibit 11 displays the community college award broken down by award type. In this case, the vast majority of awards issued (89%) are certificates of achievement.

Exhibit 11: Regional community college awards (certificates and degrees), 2022-2024

Award Type	# of Awards	% of Awards
A.A./A.S. degrees	13	9%
Certificates	133	89%
Noncredit awards	4	3%
	151	100%

Other Postsecondary Supply

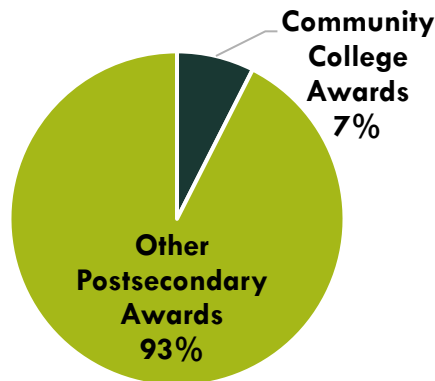
For a comprehensive regional supply analysis, it is important to consider the supply from other institutions in the region that provide training programs for sports medicine. Exhibit 12 shows the number of awards conferred by these institutions in relevant programs. Due to different data collection periods, the most recent data is from 2021 to 2023. Between 2021 and 2023, other postsecondary college institutions in the region conferred an average of 1,871 bachelor's and sub-baccalaureate awards. Sub-baccalaureate awards include associate degrees, postsecondary awards, and other academic awards that typically take fewer than four years to complete. Of the awards in Exhibit 12, the majority (98%) were bachelor's degrees (1,840 awards), followed by sub-baccalaureate awards (31).

Exhibit 12: Other regional postsecondary awards, 2021-2023

CIP Code	Program	Postsecondary Institution	2020-21 Awards	2021-22 Awards	2022-23 Awards	3-Year Average
31.0501	Sports, Kinesiology, and Physical Education/ Fitness, General	CSPU-Pomona	198	155	174	176
		CSU-Dominguez Hills	163	149	119	144
		CSU-Fullerton	544	540	541	542
		CSU-Long Beach	293	263	264	273
		CSU-Los Angeles	266	191	223	227
		CSU-Northridge	458	442	397	432
		Concordia Univ.-Irvine	15	6	1	7
		Platt College-Anaheim	9	-	-	3
31.0504	Sport and Fitness Administration/ Management	Concordia Univ.-Irvine	-	-	2	1
		Pepperdine University	20	25	20	22
		Westcliff University	-	-	1	0
31.0507	Physical Fitness Technician	CA Healing Arts College	5	-	-	2
		Platt College-Anaheim	-	4	4	3
		So. CA Health Institute	30	13	27	23
51.0913	Athletic Training/Trainer	CSU-Long Beach	13	9	1	8
		CSU-Northridge	-	28	-	9
Supply Total/Average			2,014	1,825	1,774	1,871

Exhibit 13 shows the proportion of community college awards conferred in the greater Los Angeles/Orange County region compared to the number of other postsecondary awards for the programs in this report. The majority of awards conferred in these programs are awarded by other institutions in the greater Los Angeles/Orange County region.

Exhibit 13: Percentage of community college awards compared to other postsecondary institution awards in the Los Angeles/Orange County region



APPENDIX: OCCUPATION DESCRIPTIONS

LA COE prepared this report to provide regional labor market supply and demand data related to these target occupations:

- ***Athletic Trainers (29-9091)***: Evaluate and treat musculoskeletal injuries or illnesses. Provide preventive, therapeutic, emergency, and rehabilitative care.⁸
- ***Exercise Trainers and Group Fitness Instructors (39-9031)***: Instruct or coach groups or individuals in exercise activities for the primary purpose of personal fitness. Demonstrate techniques and form, observe participants, and explain to them corrective measures necessary to improve their skills. Develop and implement individualized approaches to exercise.⁹

⁸ [Athletic Trainers \(bls.gov\)](https://www.bls.gov)

⁹ [Exercise Trainers and Group Fitness Instructors \(bls.gov\)](https://www.bls.gov)

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DATA SOURCES

POWERED BY



- O*NET Online
- Lightcast (formerly Emsi)
- Bureau of Labor Statistics (BLS)
- California Employment Development Department, Labor Market Information Division, OES
- California Community Colleges Chancellor's Office Management Information Systems (MIS)
- Self-Sufficiency Standard at the Center for Women's Welfare, University of Washington
- Chancellor's Office Curriculum Inventory (COCI 2.0)

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