

# Athletic Training and Sports Medicine

*Inland Empire/Desert Region (Riverside-San Bernardino-Ontario Metropolitan Statistical Area)*

## Summary

- Employment for the athletic and fitness trainer occupational group is expected to **increase by 9%** from 2017 through 2022 in the Inland Empire/Desert region. **A total of 3,201 job openings** will be available over the five-year projection period.
- The **entry-level wage** for the occupations in the athletic and fitness trainer group are **above the MIT Living Wage estimate of \$12.30 per hour** for a single adult living in the Inland Empire/Desert Region.
- There appears to be an **opportunity for program growth** based on the average annual number of community college program credentials awarded (**3 community college credentials, 22 other educational institution credentials, 25 total**) and the number annual openings for athletic and fitness trainers occupations in the region (**640 annual job openings**).

## Introduction

The athletic training and sports medicine program prepares community college students for employment in athletic training, injury treatment, rehabilitation, fitness assessment, and related fields.<sup>1</sup> The two occupations included in the athletic and fitness trainer occupational group are:

- Athletic Trainers
- Fitness Trainers and Aerobics Instructors

---

<sup>1</sup> The Taxonomy of Programs, 6<sup>th</sup> Edition, February 2004

## Job Opportunities

In 2017, there were 3,483 athletic and fitness trainer jobs in the Inland Empire/Desert Region. Occupational employment related to this group is expected to increase by 9% through 2022. Employers will need to hire 3,201 workers over the next five years to fill new jobs and to backfill jobs that workers are leaving – including retirements. Exhibit 1 displays the projected growth for athletic and fitness trainers in the region. Appendix A, Table 1 shows the projected job growth for both of the occupations in this group.

*Exhibit 1: Five-year projections for athletics and fitness trainers*

Region	2017 Jobs	5-Yr % Change (New Jobs)	5-Yr Openings (New + Replacement Jobs)	Annual Openings (New + Replacement Jobs)	% of workers age 55+
Inland Empire/Desert	3,483	9%	3,201	640	17%

Source: EMSI 2018.4

## Earnings

The entry-level wage for the athletic trainer occupational group is above the MIT Living Wage estimate for a single adult living in the Inland Empire/Desert Region (\$12.39 per hour or \$25,775 annually). These wages are also sufficient for two working adults and one child (\$14.75 per hour, per adult or \$30,675 annually for each adult). Please visit the MIT Living Wage website for more details on the living wage calculation and methodology: <http://livingwage.mit.edu/metros/40140>.

*Exhibit 2: Earnings for the athletic and fitness trainer occupational group*

Occupation	Entry to Experienced Hourly Earnings Range*	Median Wage*	Avg. Annual Earnings
Athletic Trainers	\$23.86 to \$33.50	\$27.90	\$57,300
Fitness Trainers and Aerobics Instructors	\$17.15 to \$25.76	\$20.74	\$46,200

Source: EMSI 2018.4

\*Entry Hourly is 25th percentile wage, the median is 50th percentile wage, experienced is 75th percentile wage.

## Job Postings, Top Employers, Skills, Education, and Certifications

On average, local employers fill online job postings for athletic and fitness trainers within 47 days. When compared to the national average, it takes four days longer for local employers to find qualified candidates to fill open positions in the Inland Empire/Desert Region. Exhibit 3 displays the number of job ads posted during the last 12 months for athletic and fitness trainers along with the regional and national average time to fill.

*Exhibit 3: Job ads and time to fill for athletic and fitness trainers, January 2018 – December 2018*

Occupation	Job Ads	Regional Average Time to Fill (Days)	National Average Time to Fill (Days)
Fitness Trainers and Aerobics Instructors	504	48	44
Athletic Trainers	45	40	36
<b>Total</b>	<b>549</b>	-	-

Source: Burning Glass – Labor Insights

## Employers

Exhibit 5 displays local employers posting the most job ads for athletic and fitness trainers during the last 12 months in the Inland Empire/Desert region.

*Exhibit 4: Employers posting the most job ads for athletic and fitness trainers, Jan 2018 – Dec 2018*

Occupation	Top Employers
Fitness Trainers and Aerobics Instructors (n=471)	<ul style="list-style-type: none"> <li>• 24 Hour Fitness</li> <li>• LA Fitness</li> <li>• Crunch Fitness</li> </ul>
Athletic Trainers (n=38)	<ul style="list-style-type: none"> <li>• California State University, San Bernardino</li> <li>• California Baptist University</li> <li>• Local Unified school districts (via EDJOIN):               <ul style="list-style-type: none"> <li>○ Chino Valley</li> <li>○ Redlands</li> <li>○ Rialto</li> <li>○ San Bernardino City</li> <li>○ Temecula Valley</li> </ul> </li> </ul>

Source: Burning Glass – Labor Insights

## In-Demand Skills

Exhibit 5 lists a sample of in-demand skills that employers are seeking when looking for workers to fill athletic and fitness trainer positions. Specialized skills are occupation-specific skills employers are requesting for industry or job competency. Employability skills are foundational skills that transcend industries and occupations; this category is commonly referred to as “soft skills.” The skills reported in job postings may be utilized as a helpful guide for curriculum development.

*Exhibit 5: Sample of in-demand skills from employer job ads for athletic and fitness trainers, January 2018 – December 2018*

Occupations	Specialized skills	Employability skills
Fitness Trainers and Aerobics Instructors (n=375)	<ul style="list-style-type: none"> <li>• Cardiopulmonary Resuscitation (CPR)</li> <li>• Teaching</li> <li>• Group Fitness</li> </ul>	<ul style="list-style-type: none"> <li>• Physical Abilities</li> <li>• Communication Skills</li> <li>• Positive Disposition</li> </ul>
Athletic Trainers (n=32)	<ul style="list-style-type: none"> <li>• Rehabilitation</li> <li>• Cardiopulmonary Resuscitation (CPR)</li> <li>• Sports Injuries</li> </ul>	<ul style="list-style-type: none"> <li>• Communication Skills</li> <li>• Organizational Skills</li> <li>• Detail-Oriented</li> </ul>

Source: Burning Glass – Labor Insights

## Educational Requirements

Exhibit 6 displays the entry-level education typically required to enter these occupations according to the Bureau of Labor Statistics, educational attainment for incumbent workers with “some college, no degree” and an “associate degree” according to the U.S. Census, and the minimum advertised education requirement requested by employers in online job ads.

*Exhibit 6: Educational attainment and online job ads with minimum advertised education requirements for athletic and fitness trainers, January 2018 – December 2018*

Occupation	Typical Entry-Level Education Requirement	Two-Year Postsecondary Level of Educational Attainment*	Minimum Advertised Education Requirement from Job Ads			
			Number of Job Postings (n=)	High school diploma or vocational training	Associate degree	Bachelor’s degree or higher
Fitness Trainers and Aerobics Instructors	High school diploma or equivalent	34%	214	86%	1%	13%
Athletic Trainers	Bachelor’s degree	22%	40	33%	-	67%

Source: EMSI 2018.4, Burning Glass – Labor Insights

\*Percentage of incumbent workers with a Community College Credential or Some Postsecondary Coursework

## Certifications

Exhibit 7 displays the top certifications required by employers posting job ads for the athletic and fitness trainers occupational group in the Inland Empire/Desert Region. First Aid and CPR/AED is one of the most frequent certifications to appear in employer job advertisements for athletic and fitness trainers.

*Exhibit 7: Top certifications required by employers for the athletic and fitness trainers, January 2018 – December 2018*

Occupation	Certifications
Fitness Trainers and Aerobics Instructors (n=167)	<ul style="list-style-type: none"> <li>• First Aid CPR AED</li> <li>• Personal Fitness Trainer Certification</li> <li>• Sports Medicine Certification</li> </ul>
Athletic Trainers (n=30)	<ul style="list-style-type: none"> <li>• Athletic Trainer Certification</li> <li>• First Aid CPR AED</li> <li>• American Red Cross or American Heart Association certificate in cardiopulmonary care</li> </ul>

Source: Burning Glass – Labor Insights

## Student Completions

Exhibit 8 shows the annual average regional community college credentials (associate degrees and certificates) conferred during the three academic years between 2014 and 2017, with the relevant TOP code as well as the program title used at each college, sourced from the Chancellor’s Office Curriculum Inventory (COCI). Exhibit 9 displays credentials granted from other educational institutions from 2013 to 2016, along with the relevant CIP code. Please note, a credential is not equivalent to a single person in search of a job opening since a student may earn more than one credential, such as an associate degree in addition to a certificate. Community College student outcome information is from the CTE LaunchBoard based on the selected TOP code and region.

*Exhibit 8: Annual average community college student completions for athletic training and sports medicine programs in the Inland Empire/Desert Region*

<b>1228.00 - Athletic Training and Sports Medicine</b>	<b>Annual Community College Headcount (2016-17)</b>	<b>Community College Annual Average Credentials (2014-17)</b>
<b>Chaffey</b>	21	
<b>Mt. San Jacinto</b>	66	
<b>Riverside – Exercise, Sport &amp; Wellness: Athletic Training</b>		
Associate Degree		1
Certificate 18 to < 30 semester units		2
<b>Victor Valley</b>	69	
<b>Total community college headcount (2016-17)</b>	<b>156</b>	
<b>Total annual average community college credentials (2014-17)</b>		<b>3</b>

Source: LaunchBoard, IPEDS, COCI

**1228.00 Athletic Training and Sports Medicine program Strong Workforce outcomes in the Inland Empire/Desert Region in the academic year 2015-16 [unless noted otherwise]:**

- Number of students who completed 12+ CTE units in one year: 12 (CA: 0) [2016-17]
- Number of students who transferred to a 4-year institution: 10 (CA: 11)
- Employed in the fourth fiscal quarter after exit: 70% (CA: 65%)
- Median annual earnings after exit: \$19,431 (CA: \$16,241)
- Median change in earnings: N/A (CA: 64%)
- Economically disadvantaged students: 76% (CA: 65%) [2016-17]

*Exhibit 9: Annual average other educational institutions student completions for athletic training/trainer programs in the Inland Empire/Desert Region*

<b>51.0913 – Athletic Training/Trainer (CIP)</b>	<b>Other Educational Institutions Annual Average Certificates or Other Credit Credentials (2013-16)</b>
<b>Westech College</b>	
Award 1 < 2 academic years	22
<b>Total annual average other awards</b>	<b>22</b>

Source: IPEDS



## Sources

California Community Colleges Chancellor's Office Management Information Systems (MIS)  
CTE LaunchBoard  
Center of Excellence TOP to SOC crosswalk  
Economic Modeling Specialists International (EMSI)  
Labor Insight/Jobs (Burning Glass)  
MIT Living Wage Calculator  
O\*Net Online  
The Taxonomy of Programs, 6<sup>th</sup> Edition

Michael Goss, Director  
Center of Excellence, Inland Empire/Desert Region  
[michael.goss@chaffey.edu](mailto:michael.goss@chaffey.edu)  
February 2019



## **Appendix A: Occupation definitions, sample job titles, five-year projections, and earnings for athletic and fitness trainers occupations**

### **Occupation Definitions (SOC code), Education and Training Requirement, Community College Education Attainment**

#### **Athletic Trainers (SOC: 29-9091)**

Evaluate and advise individuals to assist recovery from or avoid athletic-related injuries or illnesses, or maintain peak physical fitness. May provide first aid or emergency care.

**Sample of reported job titles:** *Assistant Athletic Trainer, Athletic Instructor, Athletic Trainer, Certified Athletic Trainer, Clinical Instructor, Graduate Assistant Athletic Trainer, Head Athletic Trainer, Head Athletic Trainer/Strength Coach, Resident Athletic Trainer, Sports Medicine Coordinator*

*Entry-Level Educational Requirement: Bachelor's degree*

*Training Requirement: None*

*Percentage of incumbent workers with a Community College Award or Some Postsecondary Coursework: 22%*

#### **Fitness Trainers and Aerobics Instructors (SOC: 39-9031)**

Instruct or coach groups or individuals in exercise activities. Demonstrate techniques and form, observe participants, and explain to them corrective measures necessary to improve their skills.

**Sample of reported job titles:** *Aerobics Instructor, Fitness Coordinator, Fitness Director, Fitness Instructor, Fitness Specialist, Fitness Trainer, Group Exercise Instructor, Group Fitness Instructor, Personal Trainer, Yoga Instructor*

*Entry-Level Educational Requirement: High school diploma or equivalent*

*Training Requirement: Less than one-month on-the-job training*

*Percentage of incumbent workers with a Community College Award or Some Postsecondary Coursework: 34%*



Table 1. 2017 to 2022 job growth, wages, education, training, and work experience required for the athletic and fitness trainers occupational group, Inland Empire/Desert Region

Occupation (SOC)	2017 Jobs	5-Yr Change	5-Yr % Change	Annual Openings (New + Replacement Jobs)	Entry-Experienced Hourly Wage*	Median Hourly Wage*	Average Annual Earnings	Typical Entry-Level Education & On-The-Job Training Required	Work Experience Required
Fitness Trainers and Aerobics Instructors (39-9031)	3,353	283	8%	628	\$17.15 to \$25.76	\$20.74	\$46,200	High school diploma or equivalent & less than 1 month	None
Athletic Trainers (29-9091)	131	24	18%	12	\$23.86 to \$33.50	\$27.90	\$57,300	Bachelor's degree & none	None
<b>Total</b>	<b>3,483</b>	<b>308</b>	<b>9%</b>	<b>640</b>	-	-	-	-	-

Source: EMSI 2018.4

\*Entry Hourly is 25th percentile wage, the median is 50th percentile wage, experienced is 75th percentile wage