

The fitness industry is rapidly growing as employment demands increase for instructors and trainers in health clubs, fitness centers, and sports medicine clinics.

What type of career can I have with this major?

Since this major is so comprehensive, you will have a variety of excellent employment opportunities.

- Aerobic Exercise Instructor
- Agent
- Athletic Director
- Athletic Trainer
- Choreographer
- Coach
- Dance Specialist
- Exercise Test Technologist
- Fitness Consultant
- Geriatric Recreation Director
- Martial Arts Instructor
- Personal Trainer
- Recreation Specialist
- Referee
- Strength and Conditioning Specialist

Where can I work?

This profession provides you with a choice of various work environments including government agencies, non-profit organizations, for-profit agencies, public and private companies, and firms.

- Community Service Organizations
- Corporate Settings
- Country Clubs
- Dance Studios
- Health and Fitness Centers
- Health Spas
- Home Health Care Settings
- Hospitals
- Recreation Establishments
- Resorts
- Retirement Villages
- Sports Clubs
- Theme Parks
- Yoga Studios
- Youth Organizations

What type of professional organizations and resources are available in this industry?

There are many professional organizations that offer resources, articles, job opportunities, training and conference information. We suggest you visit each organization's website to gather more information and contacts in your field.

- American Council on Exercise
- American Fitness Professionals and Associates
- Aerobics and Fitness Association of America
- IDEA Health and Fitness Association
- National Athletic Trainers' Association
- National Federation of Professional Trainers
- National Strength and Conditioning Association Certificate Commission
- Pilates Method Alliance
- Yoga Alliance

What type of Fitness Specialist program does San Diego Mesa College offer?

The Fitness Specialist program at San Diego Mesa College focuses on exercise and physical conditioning, leading exercise classes, establishing healthy behavior, and designing personalized exercise plans. Graduates will be prepared for entry-level positions as exercise testing technicians, fitness instructors, strength training instructors, aerobics instructors, and personal fitness trainers.

- Certificate of Achievement: Fitness Specialist
- Associate in Arts: Physical Education
- Associate in Science: Kinesiology for Transfer

See college catalog for program descriptions, course titles, and areas of emphasis.

Associates Degrees/Certificates**Getting Started**

- Step 1: [Application](#) - Start by completing the online application for admission
- Step 2: [Orientation](#) - Complete the online New Student Orientation (Flash player required)
- Step 3: [Assessment](#) - Visit the Assessment office to learn about English and math testing
- Step 4: [Advisement](#) - Complete the online First Semester Planning Workshop
- Step 5: [Registration](#) - Register for classes

While You're Taking Classes

- | | | |
|---|----------------------|------------------------------|
| Update your resume and craft a cover letter | Attend job fairs | Conduct industry research |
| Look into a job/internship opportunities | Perform job searches | Think about transfer options |
| Find a mentor | Expand your network | |

See the Transfer or Career Center for assistance

Transfer Options**Getting Started**

1. Join a professional fitness specialist association as a student member
2. Decide if you will major in kinesiology for transfer
3. Map out where you want to transfer for your Fitness Specialist Bachelor's degree

Exploring your Emphasis/Concentration

An emphasis provides fitness specialist majors an opportunity to explore a concentration within a broad degree. Unit requirements vary by institution. Most times declaring an emphasis is optional. Here are a few different emphases offered at surrounding universities:

Kinesiology • Applied Exercise Science • Pre-Physical Therapy • Physical Education • Health Science • Exercise and Sport Science

Education Planning**Fall semester 1st year (1-15 units):**

- 1) Attend transfer workshops
- 2) Review articulation agreements
- 3) Map general education (GE) requirements
- 4) Identify regionally accredited 4-year institutions to apply
- 5) Attend a Transfer Fair
- 6) Meet with a counselor

Spring semester 1st year (16-30 units):

- 1) Continue to attend transfer workshops
- 2) Check-in with a counselor to make sure your educational plan is on track
- 3) Seeking tutoring assistance in the academic skills center to keep your grades competitive

Fall semester 2nd year (31-45 units):

- 1) Submit admissions applications to 4-year institutions: Fall for CSU/UC; Early spring for private and out-of-state institutions
- 2) Identify deadlines and due dates for admissions transcripts and other documents

Spring semester 2nd year (46-60 units):

- 1) Identify deadlines and due dates for admissions transcripts and other documents
- 2) Submit your FAFSA between January 1st-March 1st.
- 3) Turn in your deposit and registration forms to the institution you decide to attend.
- 4) Attend the transfer orientation event(s) at your new campus
- 5) Complete academic coursework and transfer!

While You're Taking Classes

- Update your resume
- Prepare a cover letter
- Complete an internship as a fitness specialist
- Build your network
- Maintain a strong GPA
- Hold a leadership position in a fitness specialist club/society
- Find a mentor
- Visit your Career Center as much as possible!