



# KINESIOLOGY

## KINESIOLOGY (FITNESS TRAINING)

### Associate in Arts

Associate in Science  
Certificate of Achievement

### 20-23 Units (for Transfer)

18 Units (Exercise Science Degree)  
18 Units (Fitness Specialist)

Moorpark's Kinesiology Program is designed to prepare students for transfer to Bachelor's Degree programs in Kinesiology, Exercise Science, Physical Education, Physical Therapy, Athletic Training, Coaching and Fitness Management. Completing 18 units prepares the student for positions where developing an individual's health and wellness by physical movement is required, including the field of personal training.

JOB TITLES	AVERAGE SALARY	PROJECTED JOBS	PROJECTED GROWTH
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#### Fitness Trainer/

##### Aerobics Instructor

\$15.25/hr.-\$31,720

267,000

+13%

Fitness trainers and aerobic instructors work in health clubs, fitness or recreations centers, gyms, country clubs, hospitals, yoga and Pilates studios and often in clients' homes. They lead, instruct, and motivate individuals in exercise activities including cardiovascular exercise, strength training, and stretching.

##### Group Fitness Instructor

\$15.88/hr.-\$33,020

267,000

+8-14%

Group fitness instructors instruct or coach groups in exercise activities. They demonstrate techniques and form, observe participants, and explain the corrective measures needed to improve their skills and fitness level.

##### Athletic Trainer

\$20.52/hr.-\$42,690

28,900

+19%

Athletic trainers evaluate and advise individuals to assist recovery from, or to avoid, athletic-related injuries or illnesses, or to help maintain peak physical fitness. They specialize in preventing, diagnosing and treating muscle and bone injuries. Many athletic trainers work in educational settings such as colleges or universities. Professional sports teams also employ athletic trainers.

