



CAREER PATH

Human Services

CAREER CLUSTER
Human Services

CAREER PATHWAY
Personal Care Services



FITNESS TRAINER, AEROBICS INSTRUCTOR

Instruct or coach groups or individuals in exercise activities and the fundamentals of sports. Demonstrate techniques and methods of participation. Observe participants and inform them of corrective measures necessary to improve their skills. A teaching degree may be required in certain settings.

Knowledge and Skills Needed

In addition to courses required for high school graduation, essential skills and knowledge needed for a career as a fitness trainer or aerobics instructor are reinforced by taking rigorous and relevant courses, as well as participating in work-based experiences and student organization activities.

(See the Sample Personal Plan of Study for suggested coursework, activities, and knowledge and skills to pursue in preparation of an occupation in this Career Cluster.)

Education Requirements

Occupation	Percent of Missouri employees aged 25 to 44 in the occupation whose highest level of educational attainment is:		
	High School or Less	Some College	Bachelor Degree or More
Fitness trainers and aerobics instructors	21.0%	31.7%	47.3%
Other Personal Care and Service Workers	36.6%	35.4%	28.0%
Personal Care, Personal Service, and Gaming	42.8%	35.9%	21.3%

Most Common Educational Level: Postsecondary vocational award

Note: Be sure to learn whether your occupation has a specific requirement for education or licensing. Apprenticeships are available for more than 240 occupations. Visit www.oe.doleta.gov/bat.cfm

National and State Wage Information

Location	Pay Period	2006		
		Entry*	Median	Experienced**
United States	Hourly	\$8.66	\$12.46	\$19.73
	Yearly	\$18,000	\$25,900	\$41,000
Missouri	Hourly	\$7.47	\$9.11	\$12.29
	Yearly	\$15,500	\$18,900	\$25,600

Based on (*) lower 25% and (**) upper 25% percentile of wages

National and State Employment Trends

Fitness Trainer, Aerobics Instructor	Employment		Percent Change	Job Openings*
	2006	2016		
United States	234,800	297,800	+ 27 %	10,700
Missouri	3,370	3,710	+ 10 %	110

*The estimate for Job Openings includes both turnover that results from people who leave the occupation (e.g. quit, retire, death) and new jobs that are created.

Educational Opportunities

Note: This list may not be all inclusive. For more information about Missouri schools and programs, visit www.dhe.mo.gov

Central Methodist University - College of Liberal Arts & Sciences

Fayette, MO
(660) 248-3391
www.centralmethodist.edu

College of the Ozarks

Point Lookout, MO
(417) 334-6411
www.cofo.edu

Columbia College

Columbia, MO
(573) 875-8700
www.ccis.edu

Crowder College

Neosho, MO
(417) 451-3223
www.crowder.edu

Culver-Stockton College

Canton, MO
(573) 288-6000
www.culver.edu

Drury University

Springfield, MO
(417) 873-7879
www.drury.edu

Evangel University

Springfield, MO
(417) 865-2811
www.evangel.edu

Fontbonne University

Saint Louis, MO
(314) 862-3456
www.fontbonne.edu

(more-over)

Hannibal-Lagrange College
Hannibal, MO
(573) 221-3675
www.hlq.edu

Lincoln University
Jefferson City, MO
(573) 681-5000
www.lincolnu.edu

Lindenwood University
Saint Charles, MO
(636) 949-2000
www.lindenwood.edu

Missouri Baptist University
St. Louis, MO
(314) 414-1115
www.mobap.edu

Missouri State University
Springfield, MO
(417) 836-5000
www.missouristate.edu

Missouri Valley College
Marshall, MO
(660) 831-4000
www.moval.edu

Missouri Western State University
Saint Joseph, MO
(816) 271-4200
www.missouriwestern.edu

Northwest Missouri State University
Maryville, MO
(660) 562-1212
www.nwmissouri.edu

Southeast Missouri State University
Cape Girardeau, MO
(573) 651-2000
www.semo.edu

Southwest Baptist University
Bolivar, MO
(800) 526-5859
www.sbuniv.edu

Truman State University
Kirksville, MO
(660) 785-4000
www.truman.edu

University of Missouri - Columbia
Columbia, MO
(573) 882-2121
www.missouri.edu

**University of Missouri
- Kansas City**
Kansas City, MO
(816) 235-1000
www.umkc.edu

**University of Missouri
- St. Louis**
St. Louis, MO
(314) 516-5000
www.umsl.edu

Westminster College
Fulton, MO
(573) 642-3361
www.westminster-mo.edu

William Woods University
Fulton, MO
(573) 642-2251
www.williamwoods.edu



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