



Sports Performance & Coaching, Associate of Science



What will LCCC students earn and learn?

- Associate of Science Degree
 - NCSF Certified Sport Nutritionist Specialist, NCSF Certified Strength Coach, Wyoming Coaching Certification
- Emerging & growing field of sports performance
- Holistic approach to training athletes to excel in respective sport/field
- Encompasses
 - Nutrition
 - Sports conditioning & periodization programming (preseason, season, post season, off season)
 - Sport specific knowledge in technical, tactical, and mental skills
- Work with athletic populations in individual & team settings

Where do SPAC majors work?

- High Schools
- Colleges/Universities
- Professional sports teams
- Private sectors
- Tactical settings—work with police, firefighters & military

What are SPAC professionals called?

- Coach/Scout
- Exercise Physiologist
- Fitness Trainer
- Fitness & Wellness Coordinator
- Sports Performance Specialist
- Corporate Wellness Director
- Wellness Coach
- Fitness Director
- Strength & Conditioning Coach

What is growth & median pay for this career?

- ONET Bright Outlook = “grow rapidly in the next several years or have large numbers of openings”
- Arizona State University Sports Performance Program
 - Coaches & Scouts 12.9% growth \$32,270
 - Exercise Physiologists 13.1% growth \$49,090
 - Fitness Trainer 10.1% growth \$39,210
 - Fitness Coordinator 10.6% growth \$81,630

Growth & median pay (cont'd)

- National Strength & Conditioning Association (nsca.com)
 - 2018 Salary Survey (2,325 respondents)

• High School	\$49,037
• College/University	\$49,286
• Professional Sports	\$76,772
• Tactical	\$69,437
• Independent	\$48,584
- Almost half of respondents (45%) had 5 or less years of experience
 - Only 7% had more than 20 years experience

Regional Growth Outlook* (Career Coach)

Job Title	Median Pay	Annual Regional Job Openings
Coaches & Scouts	\$31,100	224
Exercise Physiologist	\$78,835	3
Fitness Trainer/Aerobic Instructor	\$36, 290	304
Fitness/Wellness Coordinator	\$81,656	16



After LCCC, where will our majors go?

- Some may enter the workforce
- Most will complete their bachelor's degree
 - University of Northern Colorado
 - MSU Billings
 - University of Montana
 - Chadron State

References

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