

#### 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

<ul> <li>Coaches &amp; Scouts</li> </ul>	12.9% growth	\$32,270
<ul> <li>Exercise Physiologists</li> </ul>	13.1% growth	\$49,090
<ul> <li>Fitness Trainer</li> </ul>	10.1% growth	\$39,210
<ul> <li>Fitness Coordinator</li> </ul>	10.6% growth	\$81,630

### Growth & median pay (cont'd)

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

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• High School $49,037
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College/University \$49,286

Professional Sports \$76,772

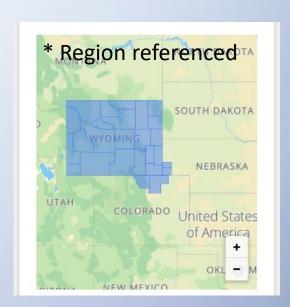
• Tactical \$69,437

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

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