

## THE PARTNERSHIP

SBCC and the National Academy of Sports Medicine (NASM) provide students the resources for success in the growing health/fitness industry.

The program emphasizes NASM's Optimal Performance Training methodology—a progressive, scientifically based, and integrated approach to fitness training and the foundation for the NASM Certified Personal Trainer (CPT) exam. Students in the program can sit for the NASM CPT exam at a reduced cost. The NASM CPT exam is accredited by the National Commission for Certifying Agencies.



## GET STARTED

- 1. CHECK OUT THE PROGRAM:**  
[www.sbcc.edu/physicaleducation](http://www.sbcc.edu/physicaleducation)
- 2. APPLY AND REGISTER:**  
[www.sbcc.edu](http://www.sbcc.edu)
- 3. CONTACT PROGRAM INSTRUCTORS:**  
**Ellen O'Connor**  
[oonnore@sbcc.edu](mailto:oonnore@sbcc.edu)  
**Diego Ramirez**  
[daramirez2@pipeline.sbcc.edu](mailto:daramirez2@pipeline.sbcc.edu)  
**Susan Houlihan-Davis**  
[houlihan@sbcc.edu](mailto:houlihan@sbcc.edu)
- 4. SEE THE PHYSICAL EDUCATION FACULTY ADVISOR:**  
**Kathy O'Connor**  
[oonnork@sbcc.edu](mailto:oonnork@sbcc.edu)



721 Cliff Drive  
Santa Barbara, CA 93109  
805-965-0581 x4070  
[www.sbcc.edu/physicaleducation](http://www.sbcc.edu/physicaleducation)



SANTA BARBARA CITY COLLEGE



## DEPARTMENT OF PHYSICAL EDUCATION



ASSOCIATE OF ARTS DEGREE  
ATHLETIC / PERSONAL  
FITNESS TRAINING



ENDORSED BY THE NATIONAL  
ACADEMY OF SPORTS MEDICINE

## THE PROGRAM

Prepares students for entry level fitness training employment and/or transfer to a bachelor's degree program.

Teaches the art and science of exercise/athletic training necessary to develop effective exercise programs for a wide variety of people.

Teaches the fundamentals of fitness leadership necessary to work with people of all ages interested in health improvement and maintaining healthy lives.

Teaches evidence-based evaluation, treatment, and prevention of common injuries.

### **Courses Include:**

Anatomy, Physiology, Nutrition, Kinesiology, First Aid, Treatment of Athletic Injuries, Concepts in Health and Fitness, Fundamentals of Exercise Testing and Fitness Instruction, Advanced Assessment and Treatment of Athletic Injuries, and Physical Activity courses.

## THE INTERNSHIP

Provides students practical experience in Athletic/Personal Fitness Training.

Students work closely with faculty leading fitness training sessions, performing physical fitness assessments and developing exercise programs.



Students work in the athletic training room practicing skills for the prevention and care of injuries. The accumulated practical hours prepare students for acceptance into an accredited athletic training program at a bachelor degree awarding institution.



## THE PROFESSION

Puts students on their chosen career paths including teaching, physical therapy, occupational therapy, massage therapy, chiropractic, athletic training, cardiac rehabilitation, and personal fitness training.

Athletic Trainers, Personal Fitness Trainers and Physical Therapists have an expected job growth of 30% in the next decade. *(U.S. Department of Labor)*

The median income for Athletic/Personal Fitness Trainers is between \$32,000-\$46,000 per year while Physical Therapists have a median income of \$76,000. *(U.S. Department of Labor)*

