

**Physical Fitness Specialist Program
Program Review – October 24, 2017**

Catalog 2017-18

Program Description

The Associate in Applied Science Degree in Physical Fitness Specialist is designed to meet the rising demands in the growth of health and wellness field and to pursue opportunities in the job market of the medical industry. Students will be required to sit for the American College of Sports Medicine (ACSM) exam upon completion of the degree.

Career Opportunities

Graduates from this program will be able to develop two individual pathways: 1) enter the work force as a Personal Fitness Specialist in a variety of settings working with individuals on health, wellness, and independent fitness programs; 2) transfer into a bachelor degree program in the Life/ Exercise Sciences such as physical education, athletic training, community health education, Community health education, strength and conditioning and other exercise science disciplines.

Special Admission Requirements

In addition to meeting the general admission requirements of the College, applicants to this program must be in exceptionally good health due to the physical requirements of the program. Criminal background checks and/or liability insurance may be required before the practicum experience and/or may be required by a potential employer.

Program Educational Outcomes

Current:

Proposed:

Discuss the physiological basis of the major components of physical fitness, health and sports.	Discuss the physiology and mechanics of Human Movement related to the major components of physical fitness, health, and sports.
Demonstrate a strong foundation of the human systems and effects of acute and chronic changes on the body	Demonstrate a strong foundational knowledge of the human body systems and the acute and chronic adaptations on the body through modalities, exercise and lifestyle changes.
Define the psychological principles critical to health/wellness behavior changes	Remains the same
Describe, discuss, contrast, compare and evaluate the role of the modern healthcare and physical fitness	Describe, discuss, contrast, and demonstrate the role of a Physical Fitness Specialist as a member of the healthcare team in modern healthcare.
Identify and apply the skills needed for problem solving and critical thinking	Eliminate as this should be included in every program objective and replace with: Develop safe and effective exercise prescriptions and provide lifestyle change support for clients or teams through needs inventory, goals and specific objectives.

Distinguish between various exercise training modalities and their outcome	Recognize, prevent, and manage basic musculoskeletal Injuries through proper understanding of evaluation of movement, range of motion and muscle imbalances of the human body.
Assess dietary habits and prescribe developmental and maintenance interventions	Assess dietary habits and recommend developmental and maintenance interventions
Access and information technology and data	Eliminate as this should be included in every program objective and replace with: Demonstrate being a positive role model by accepting ethical responsibility through the scope of practice of ACSM and CSCS professional standards in the field of exercise science and client care.

Degree Requirements

Semester I		CreditHours
ENG 101	College Writing or	3
	ENG 105 College Writing Seminar	(4)
BIO 101	Intro to General Biology or	3
	BIO 115 Anatomy and Physiology I (Lec.)	(3)
BIO 102	Intro to General Biology Lab or	1
	BIO 116 Anatomy and Physiology I (Lab)	(1)
PSY 101	Introduction to Psychology	3
COM 100	Public Speaking	3
Semester II		
BIO 105	Essentials of Anatomy & Physiology or	3
	BIO 117 Anatomy and Physiology II (Lec.)	(3)
	BIO 118 Anatomy and Physiology II (Lab)	(1)
BIO 121	Nutrition	3
MAT 100*	Intermediate Algebra or	3
	MAT 101 Business Math	3
PHF 155	Introduction to Exercise Science	4
PHF 150	Methods of Life Style Coaching	3
Semester III		
PHF 122	Kinesiology	3
	Elective: any PSY or SOC	3
PHF 204	Nutrition to Improve Human Performance	3
PHF 207	Intro Injury Prev & Mgt	3
PHF 197	Field Experience	2
Semester IV		
PHI 111	Introduction to Ethics	3
PHF 251	Methods of Teaching Group Exercise	3
PHF 208	Exercise Test and Prescription	4
PHF 299	Practicum	4
	Elective: open	3

Program Strengths:

- We have revised our curriculum to provide our students with the highest level of learning in the field of exercise science, preparing them to be marketable with our associate's degree, and allowing those credits to be transferable to a higher-level degree program.
- Teaming with Central Maine Conditioning Clinic and our Non-profit, the local business has allowed the PHF program to offer state of the art equipment for screening tools, rehabilitation, training, as well as mentoring from highly skilled professionals, and the opportunity to outreach to other worksites working with diverse populations.
 1. State of Maine Alzheimer's Association
 2. Health Steps at St. Mary's and Bates College
 3. Various Group exercise programs
 4. YMCA
 5. Hebron Academy Strength and Conditioning Programs
 6. Local High school athletics and testing programs
 7. Other
- The quality of staff that currently work in the fields that the students are exploring, provide daily mentoring and experiential learning.
- The Mustang Fitness Center has hired three graduates of the program and allows second year students to work in their perspective fields while attending school.
- The field study and practicum part of the curriculum has allowed students to develop their own individual pathway, while also preparing them for the ACSM exam which is the highest-level fitness certification they can take at their degree level.

Challenges:

- The staff is made up part-time adjunct instructors which is also its strength. The challenge is to continue to be represented at a higher level at the table for space, articulation agreements, recruitment, marketing, and budgeting purposes.
- Being a relatively new program at CM, we need to increase exposure to potential students to increase enrollment into our program.
- Time to continue to provide a high level of advising over site for our first-year students, since they do not have PHF courses in the first semester of their first year.
- To continue the time and effort to work with Maine colleges and universities to establish articulation agreements.
- Establish a budget for our program. Feedback has been we are one of four programs in our department and there are no specific dedicated dollars.
- To provide graduates with the opportunity to earn a livable wage income in our community.

Planned Steps for Continuous Improvement:

- We have worked hard at reviewing other school's associates degree programs and BS programs in State to make sure all of our curriculum is in line to continue further education. We need to continue to coordinate all learning objectives outcomes through our curriculum.
- To continue to work with Registrar, guidance and the learning center to educate staff about our curriculum.
- To assign adjunct staff members students to mentor in their first year. We will assign mentor by career paths that students are exploring in the exercise science field. We have also developed a questionnaire to send out to find out their interests. We will continue to offer meetings to introduce students to all that our program has to offer.
- To continue to build outreach programs and alliances with local businesses that will help with recruitment and potential job placement for our graduates.
- To continue to build an advisory board that will meet objectives.
- To provide field trips to schools that we start developing agreements with to explore further education. We have students that have excelled or are excelling with BS schools with the exposure are program has given them.
- Continue to build intern experiences of employers that would hire our students.
- To discuss and create a budget request for 2018-2019 for the PHF program to be a stand-alone department.
- To increase our presence in a higher leadership capacity building stronger communication with administration and other departments.
- Continue to build our online video instruction using students to promote increased student-staff health and fitness.
- To research and purchase of new age equipment that keeps us relevant in the Exercise Science world.
- To advocate for improved facilities in Kirk Hall to give the highest positive impression of our services.
- To continue community growth by adding additional programs that will attract community members

Program Review Report

Program: Physical Fitness Specialist
CIP Code: 310507

Central Maine Community College

Cohort status as of:	Graduated Same Program		Transferred		Enrolled Same Program		Enrolled Different Program		Graduated Other Program		Not Attending This Term		
Cohort Year	1415											Total in Cohort	30
10/15/2015	0	0%	5	17%	11	37%	2	7%	2	7%	10	33%	
10/15/2016	4	13%	6	20%	2	7%	2	7%	3	10%	13	43%	
10/15/2017	5	17%	6	20%	0	0%	3	10%	2	7%	14	47%	
Cohort Year	1516											Total in Cohort	37
10/15/2016	2	5%	2	5%	13	35%	5	14%	2	5%	13	35%	
10/15/2017	5	14%	3	8%	6	16%	6	16%	3	8%	14	38%	
Cohort Year	1617											Total in Cohort	30
10/15/2017	1	3%	1	3%	10	33%	5	17%	0	0%	13	43%	

Maine & National 2014-2016 Occupation Summary

Fitness Trainers & Aerobics Instructors

SOC Code	SOC Occupational Title	Maine 2014 Total Jobs	Maine 2016 Total Jobs	2014-2016 Change	2014-2016 % Change	2016 Maine Median Hourly Earnings
39-9031	Fitness Trainers & Aerobics Instructors	1,050	1,108	58	5.5%	\$16.80/hr.

SOC Code	SOC Occupational Title	National 2014 Total Jobs	National 2016 Total Jobs	2014-2016 National Change	2014-2016 National % Change	2016 National Median Hourly Earnings
39-9031	Fitness Trainers & Aerobics Instructors	294,316	313,556	19,240	6.5%	\$18.32/hr.

SOC Descriptor: Fitness Trainers & Aerobics Instructors (SOC 39-9031): Instruct or coach groups or individuals in exercise activities. Demonstrate techniques and form, observe participants, and explain to them corrective measures necessary to improve their skills. Excludes teachers classified in 25-0000 Education, Training, and Library Occupations. Excludes "Coaches and Scouts" (27-2022) and "Athletic Trainers" (29-9091).

Sample of Reported Job Titles: Fitness Trainer; Fitness Specialist; Aerobics Instructor; Personal Trainer; Fitness Consultant; Group Fitness Instructor; Group Exercise Instructor; Fitness Technician; Fitness Instructor; Yoga Instructor

Related O*NET Occupations: Fitness Trainers & Aerobics Instructors (39-9031.00)

Maine 2016 Occupation Estimate = 1,108		
Industries Employing		
North American Industry Classification System (NAICS) Industry	Occupation Jobs in Industry 2016	% of Occupation in Industry 2016
Fitness & Recreational Sports Centers	393	35.4%
Civic & Social Organizations	248	22.4%
All Other Amusement & Recreation Industries	66	5.9%
Golf Courses & Country Clubs	45	4.1%
Local Government, Excluding Education & Hospitals	36	3.3%

Gender Breakdown

	2016 Jobs	2016 Percent
Male	= 423	38%
Female	= 685	62%

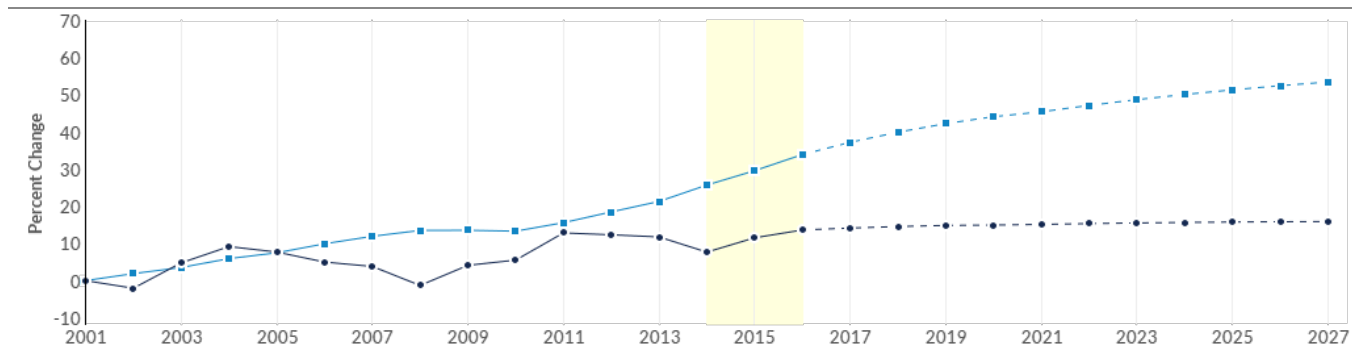
Emsi Technical Note - Occupation Data Sources & Calculations: Emsi occupation employment data are based on final Emsi industry data and final Emsi staffing patterns. Wage estimates are based on Occupational Employment Statistics (QCEW and Non-QCEW Employees classes of worker) and the American Community Survey (Self-Employed and Extended Proprietors). Occupational wage estimates also affected by county-level Emsi earnings by industry.

Based on Emsi Datarun: Emsi 2017 Q3 Data – QCEW Employees, Non-QCEW Employees, and Self-Employed

Source: Economic Modeling Specialists Intl.(Emsi), Emsi Analyst

NOTE: The above Occupation Summary is based on excerpts from the **Emsi Analyst Occupation Overview for Maine Fitness Trainers & Aerobics Instructors**, and was created by the Maine Community College System Institutional Research department.

Maine & National Occupation Change & Projected Trends Fitness Trainers & Aerobics Instructors (SOC 39-9031)



	Region	2014 Jobs	2016 Jobs	Change	% Change
●	Maine	1,050	1,108	58	5.5%
■	United States	294,316	313,556	19,240	6.5%

Maine 2016 Occupation Estimate = 1,108				
Occupation Age Breakdown				
	Age	2016 Jobs	2016 Percent	
●	14-18	66	6.0%	■
●	19-24	173	15.7%	■
●	25-34	227	20.5%	■
●	35-44	236	21.3%	■
●	45-54	203	18.3%	■
●	55-64	141	12.7%	■
●	65+	62	5.6%	■

NOTE: The above tables & chart are based on excerpts from the **Emsi Analyst Occupation Overview for Maine Fitness Trainers & Aerobics Instructors**, and was created by the Maine Community College System Institutional Research department.

Based on Emsi Datarun: Emsi 2017 Q3 Data – QCEW Employees, Non-QCEW Employees, & Self-Employed

Source: Economic Modeling Specialists Intl. (Emsi), Emsi Analyst