

OHIO BOARD OF REGENTS

Agenda Item 3.5 Central Ohio Technical College, Associate of Applied Science degree in Personal Fitness Training

RESOLUTION

BE IT RESOLVED: upon recommendation of the Chancellor and with the concurrence of the Initiatives Committee of the Ohio Board of Regents that the following new degree program is approved:

Central Ohio Technical College
Associate of Applied Science degree in Personal Fitness Training

BACKGROUND

CENTRAL OHIO TECHNICAL COLLEGE

Associate of Applied Science Degree in Personal Fitness Training

The rapid growth of the personal fitness training industry is creating the need for well designed training programs for individuals interested in entering this field. Cancer survivors, heart surgery patients, individuals with chronic debilitating diseases and aging adults are seeking advice on wellness from personal trainers. Today's personal fitness trainers in addition to the required CPR certificate also need to be trained to develop safe, effective exercise programs without compromising the health of the individual they are training. The new degree will give graduates an advantage in the industry and job market as employers and consumers are interested in trained individuals with an educational credential.

A recent informal survey posted on the National Strength and Conditioning web site indicated the average charge for personal training services in Ohio if the trainer has over four years of experience was \$37.00 or more an hour. Central Ohio Technical College conducted a survey of all personal trainers in the Columbus area with 82% of the respondents indicating an interest in the program as it would be an important step in their career development.

Career opportunities for graduates will include positions in fitness and wellness centers, new corporate fitness centers, health care and rehab centers, Community recreational centers, as an entrepreneur endeavor and others.