

35. Education and Training Cluster - Fitness Careers (4 hours)

Purpose/Abstract: To introduce students to various jobs in the fitness industry.

NCCCS Adult Education Standards: R.3.2.1, W.5.2.6, S.2.2.1, M.1.2.13

Learning Objective:
By the end of the session, students will be able to:

- Review a job description, using details to describe several fitness careers
- Connect skills they already have that would lend themselves to a fitness career
- Compare and reason with basic fractions

Soft Skills	enthusiasm & attitude	Resources	<p>Skills to Pay the Bills (STPTB) (for instructor reference to define each soft skill category)</p> <p>Math: Equivalent-fractions-are-they-equal Equivalent Fractions 1 Equal Fractions Optional: Color by Fraction</p> <p>39-9031.00 - Exercise Trainers and Group Fitness Instructors 27-2022.00 - Coaches and Scouts 25-2059.01 - Adapted Physical Education Specialists</p> <p>25 Careers in Fitness (With Salaries) Indeed.com</p> <p>NC Career Clusters Guide (for instructor reference)</p> <p>Handouts: Fitness Careers: Vocabulary Hunt - one for each student Fitness Careers: Sample Job Descriptions - one for each group</p>
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Additional Materials

- Fitness Careers: Vocabulary Hunt handout - one for each student
- Fitness Careers: Sample Job Descriptions handout - one for each student
- Art supplies (glue, glitter, markers, paint, etc.)
- Pencils, paper, and scissors
- Chart paper
- Computers for student use
- Fraction manipulatives



Icons	 Activity	 Check-In	 Review
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PREPARATION

- Review the worksheets and games on [education.com](https://www.education.com) and print out the following worksheets:
 - [Equivalent-fractions-are-they-equal](#)
 - [Equivalent Fractions 1](#)
 - [Equal Fractions](#)
 - Optional: [Color by Fraction](#)
- Review the [Instructional Support Guide](#) and print/prepare referenced scaffolds.
- Print handouts.
- Familiarize yourself with [O*NET](#)
- Familiarize yourself with [Skills to Pay the Bills](#), though it won't be used directly in this lesson.

INTRODUCTION (30 min)

Welcome students to the class!

Start the lesson with a quick icebreaker. Invite a few volunteers to act out different fitness activities (e.g., running, yoga, weightlifting, baseball, soccer) without using words. After each charade, have the class guess the activity.

Introduce the topic of fitness careers, emphasizing the importance of physical fitness and the diverse career options within this cluster such as sports managers, exercise trainers, coaches, physical therapists, and nutritionists.

Share the objectives of the lesson.

Instructor Note: Please be tactful and considerate while working through this lesson, as students may have different disabilities and sensitivities related to physical fitness. Create a supportive and inclusive environment, ensuring that all students feel comfortable and respected throughout the learning process.

VOCABULARY, READING & WRITING (60 min)

Distribute the crossword handout to students and allow 20 minutes for this activity. Walk around and provide assistance as required.

Divide the class into groups of 4. Distribute the Fitness Careers: Sample Job Descriptions handout to each group and assign one job to each group.

Provide instructions to the groups to read the job description in order to discuss and analyze the roles and responsibilities of each job and identify the skills and qualifications required for each fitness-related profession.

Circulate the classroom and provide guidance as required.

 REFLECTION (15 minutes)

- ✓ Have a few groups share their findings with the class for the job assigned to them.

Encourage students to reflect on which of the jobs discussed interest them and what skills they already possess to make them a good fit for the job.

Highlight the common skills required for careers in the fitness industry and guide a discussion about how students can acquire them.

Lower Level	Higher Level
Group students with higher level students. Consider pairing students up while they solve for the crossword and provide additional time during independent work time for students to complete the crossword or read through the job descriptions.	Challenge students to list out five additional vocabulary words related to fitness careers and find their definitions.

MATHEMATICS (60 min)

Inform students that they will continue working on fractions in today’s lesson.

Write the following question on the board: Are $\frac{1}{4}$ and $\frac{2}{8}$ equal?
 Ask students to think about how they would explain whether the answer is yes or no.
 Give students time to sketch and work out the problem on their whiteboards, then allow them to share ideas with a partner. Call on partners to share their answers and thought process with the class.
 Encourage students to show their sketches in order to prove their answers.
 Confirm that the two fractions are equal.

Explain to students that these two fractions, $\frac{1}{4}$ and $\frac{2}{8}$, are equal, which means they are equivalent. Draw a visual to show a shape divided into four equal parts. Shade one part. Draw another visual to show a shape divided into eight equal parts. Shade two parts. Point out that the two visuals show an equal, or equivalent fraction. The shaded areas are equivalent.

Repeat the think-aloud process with the visual drawings and fraction tiles with two more examples:
 Are $\frac{3}{5}$ and $\frac{2}{4}$ equivalent?
 Are $\frac{1}{4}$ and $\frac{1}{2}$ equivalent?

Use examples from [Equivalent-fractions-are-they-equal](#) to guide students through more examples. Consider projecting this worksheet.

Assign [Equivalent Fractions 1](#) exercise to students and allow them 15 minutes to complete it.

Walk around and provide support as required.

Distribute copies of [Equal Fractions](#) and allow students 15 minutes to complete it. Answer any questions that come up.



 REFLECTION (15 minutes)

Have students go over their answers with a partner after they have completed the worksheet independently.

✓ Discuss the answers with the whole class and have 1-2 students summarize how they can identify if two fractions are equivalent.

Lower Level	Higher Level
Allow students to use manipulatives, such as fraction tiles, circles, and strips.	Give students the Color by Fraction worksheet for them to determine equivalent fractions with larger numerators and denominators.

GROUP WORK (45 min)

Divide the class into 3 groups and assign each group one of the following links:

[39-9031.00 - Exercise Trainers and Group Fitness Instructors](#)

[27-2022.00 - Coaches and Scouts](#)

[25-2059.01 - Adapted Physical Education Specialists](#)

Ask students to read through the link assigned to them and prepare a presentation to introduce these jobs to the rest of the class. Encourage students to divide tasks within the group so 1-2 students read about a specific section and add to the presentation. Tell students to pay special attention to the skills required and the work activities and reflect on how the job matches their personalities.

Provide chart paper for students to add key points they want to present. Allow 25 minutes for the research.

 REFLECTION (20 minutes)

Bring the groups together and have each group present their research.

✓ Guide a discussion about the similarities and differences in each career that was researched. Talk about how enthusiasm and attitude are important soft skills for careers in the fitness industry and provide relevant examples.

INDEPENDENT WORK TIME (30 min)

Provide students the option to work with a partner or independently to read about other careers in the fitness industry. Pair students who opted to work with a partner.

Share [25 Careers in Fitness \(With Salaries\) | Indeed.com](#) with students and allow time for them to read and ask questions.

If students finish earlier than 30 minutes, encourage them to write a short summary about what they learned from the article.

WRAP-UP & REFLECTION (15 min)

Have 2-3 students summarize what they learned in the lesson. Recap the objectives and summarize the key skills required for careers in the fitness industry.

Distribute exit slips to students.

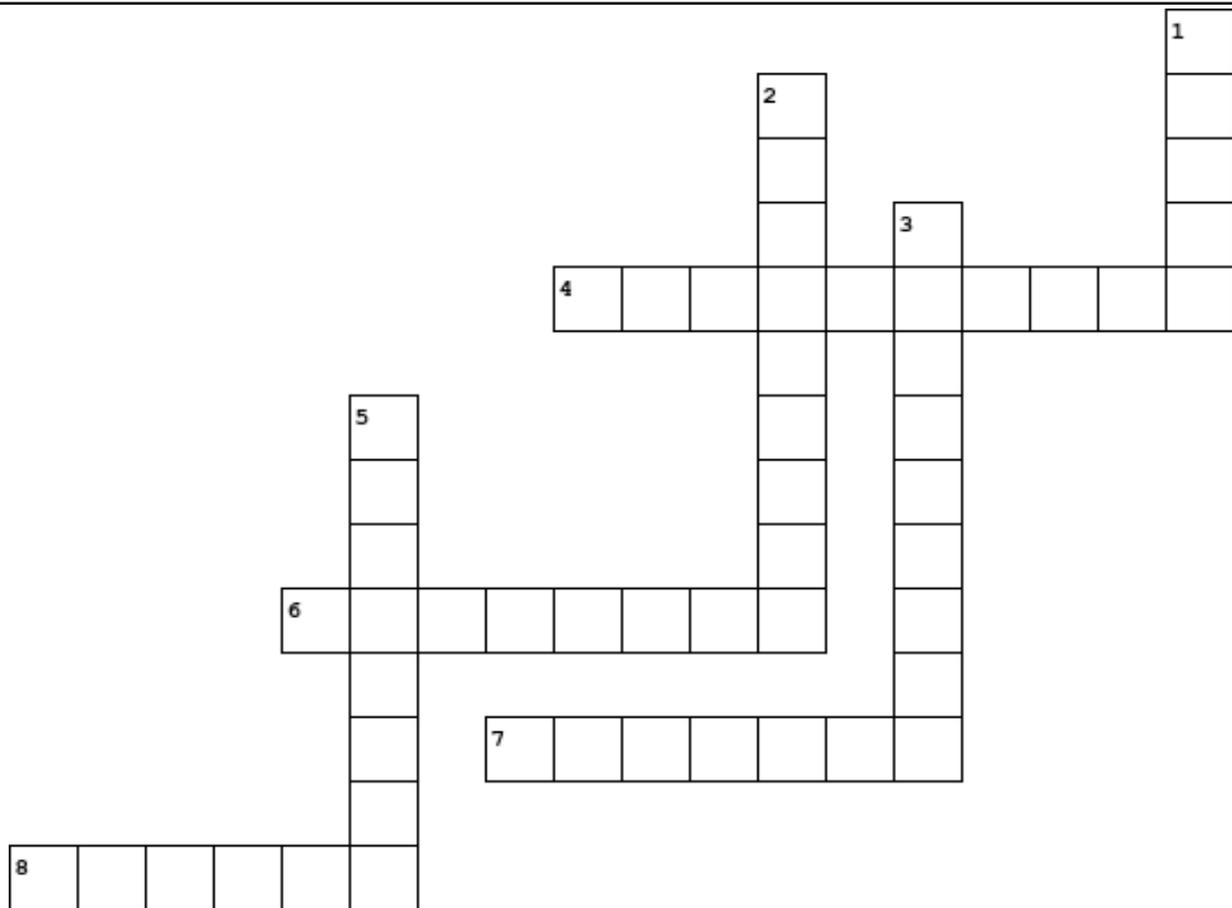
Ask for a few volunteers to share their reflections.

Collect and review the answers.

Fitness Careers: Vocabulary Hunt

Directions:

- Using the following words and the clues given below, complete the crossword puzzle.
 - Exercise. Fitness. Trainer. Coach. Health. Strength. Yoga. Nutrition
- Please note that there will be a blank square at the end of each word.



Across

- 4 The process of providing the body with essential nutrients for growth and health.
- 6 The state of being physically healthy and strong.

Down

- 1 A practice that combines physical postures, breathing exercises, and meditation to promote balance and flexibility.
- 2 Physical activity done to improve health and fitness.



- 7** The overall well-being of the
. body and mind.
- 8** Someone who leads and trains
. individuals or teams in sports and
fitness activities.
- 3** The power and ability to exert
. force and overcome resistance.
- 5** A person who guides and helps
. others with their fitness routines.

Fitness Careers: Sample Job Descriptions

Directions:

- Read the job description assigned to your group.
- Discuss and analyze the roles and responsibilities of the job and identify the skills and qualifications required for the job.

Job Title: **School Sports Coach**

Job Description:

We are seeking a passionate and motivated School Sports Coach to lead and guide our students in various sports activities. The Sports Coach will be responsible for organizing and conducting sports training sessions, developing practice plans, and coaching students in specific sports, such as basketball, soccer, or track and field. The ideal candidate should have a strong background in sports, excellent communication skills, and the ability to inspire and motivate students to achieve their best performance. The School Sports Coach will also collaborate with other coaches and teachers to promote a positive and inclusive sports culture within the school.

Requirements:

Previous experience as a sports coach or athlete is preferred.
Knowledge of various sports and coaching techniques.
Excellent communication and interpersonal skills.
Ability to work well with students of different age groups and abilities.
Certification in coaching or related sports fields is a plus.

Job Title: **Athletic Manager**

Job Description:

We are looking for a dedicated Athletic Manager to oversee and coordinate the sports programs for our school/college. The Athletic Manager will be responsible for scheduling sports events, managing sports facilities, and ensuring the safety and well-being of student-athletes during practices and competitions. Additionally, the manager will handle budgeting, fundraising, and communication with parents, coaches, and school/college administrators. The successful candidate should possess strong organizational and leadership skills, a deep understanding of sports management, and a commitment to fostering a positive and inclusive sports environment.

Requirements:

Bachelor's degree in Sports Management or a related field.
Previous experience in athletic administration or event planning.

Knowledge of sports regulations and safety protocols.
Excellent organizational and communication skills.
Ability to work collaboratively with coaches, staff, and parents.

Job Title: Gym Trainer

Job Description:

We are hiring a qualified and enthusiastic Gym Trainer to join our fitness center team. The Gym Trainer will work closely with gym members, providing personalized fitness assessments, designing workout plans, and conducting training sessions to help individuals achieve their fitness goals. The ideal candidate should have a strong knowledge of exercise techniques, equipment usage, and nutrition basics. The Gym Trainer will also be responsible for ensuring gym equipment is well-maintained and promoting a positive and supportive gym atmosphere for all members.

Requirements:

Certification in Personal Training or related fitness fields.
Previous experience in personal training or fitness instruction.
In-depth knowledge of exercise techniques and fitness principles.
Excellent communication and motivational skills.
Ability to adapt training methods for clients with varying fitness levels and abilities.

Job Title: Adapted Physical Education Specialist

Job Description:

We are seeking a dedicated and compassionate Adapted Physical Education Specialist to work with individuals who have diverse physical abilities and challenges. The specialist will design and implement adaptive physical education programs tailored to meet the unique needs of each student. This role involves assessing students' physical abilities, developing individualized fitness goals, and creating modified exercises and activities that promote active participation and skill development. The Adapted Physical Education Specialist will collaborate with other educators, therapists, and parents to ensure a supportive and inclusive learning environment for all students.

Responsibilities:

Conduct assessments to evaluate students' motor skills, mobility, and physical capabilities.
Develop individualized education plans (IEPs) for students with special needs to outline fitness goals and adaptations.
Create and implement adaptive physical education lessons and activities that accommodate a wide range of abilities.
Utilize specialized equipment and assistive devices to facilitate students' participation in physical activities.

Provide guidance and support to classroom teachers and staff on adapting physical education for students with disabilities.

Collaborate with occupational therapists, physical therapists, and other professionals to address individual student needs.

Monitor students' progress and make adjustments to the fitness program as needed to ensure continuous improvement.

Promote a positive and encouraging atmosphere that fosters confidence and self-esteem in all students.

Advocate for inclusive practices and accessibility in physical education programs.

Requirements:

Bachelor's or Master's degree in Adapted Physical Education, Kinesiology, or a related field.

Certification in Adapted Physical Education or equivalent specialization.

Experience working with individuals with diverse physical abilities, preferably in an educational or rehabilitation setting.

Knowledge of adaptive equipment, assistive technology, and individualized fitness programming.

Strong communication and interpersonal skills to collaborate effectively with students, teachers, and parents.

Patience, empathy, and the ability to motivate and engage students with varying needs.

Understanding of disability rights and the importance of promoting inclusive physical education.

Reflection Exit Slip

In one sentence, describe what you learned in this lesson.

Today, I learned _____.

Is one of the careers discussed today of interest to you? Why or why not?

I liked / did not like _____ career because _____

Is there anything you still need help understanding?

What's one question you have?

Circle the emoji that shows how you feel about your mastery of content in this lesson.



Happy



Smart



Confused



Sad



Angry