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**CONTACT THE
NAVIGATOR!**

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STAY ON COURSE

*Guided Pathways to
Success for STEM*

PHYSICAL FITNESS

What our College & Career Navigator can do for you:

- Assist in registering for GPSTEM programs at BCC
- Help with GPSTEM career pathways plan
- Help students overcome barriers that could prevent student success
- Direct students to internal and external resources for assistance
- Guide students through the process of registration, funding sources and general questions
- Provide guidance for transfer or employment
- Connect students to BerkshireWorks, the county's one-stop career center, providing comprehensive services for job-seekers including career readiness, placement and unemployment services
- Provide one-on-one assistance throughout your educational career, from admissions to employment or transfer



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Berkshire Community College is an affirmative action/equal opportunity institution and does not discriminate on basis of race, creed, religion, color, gender, gender identity, sexual orientation, age, disability, genetic information, maternity leave, military service, and national origin in its education programs or employment, pursuant to Massachusetts General Laws: Chapter 151B and 151C; Title VI, Civil Rights Act of 1964; Title IX; Education Amendments of 1972; Section 504; Rehabilitation Act of 1973; Americans with Disabilities Act; and regulations promulgated thereunder, 34 C.F.R. Part 100 (Title VI), Part 106 (Title IX) and Part 104 (Section 504). All inquiries concerning application of the above should be directed to Deborah Cote, Vice President for Human Resources and Affirmative Action Officer; and Coordinator of Title IX and Section 504, at 413-236-1022, SBA Annex, Room A-20.

Accommodations for students with disabilities: It is a college policy to provide, on a flexible and individualized basis, accommodations reasonable to students who have disabilities that may affect their ability to participate in course activities or to meet course requirements. Students with disabilities are encouraged to discuss their individual needs for accommodations with Pamela Farron (Ext. 1608) in the Disability Resource Center located in the Student Development Center (next to the College Store) in the Susan B. Anthony Center.



Physical Fitness

Stay on Course

→ Suggested Physical Fitness Pathway

WHAT does a Personal Trainer do?

- Demonstrates how to carry out various exercises and routines
- Supports clients to exercise safely
- Conducts exercise classes
- Develops exercise routines for clients
- Provides a variety of exercises appropriate for all levels of fitness
- Monitors clients' progress and adapts exercise programs accordingly

WHERE can a Fitness Concentration take you?

Job-related Titles:

- **Certificate completion:** Personal trainer, group fitness instructor, stretch & flex instructor, functional fitness instructor
- **Associate degree completion:** Fitness director, club manager, advanced health & fitness specialist, fitness facility owner

JOB GROWTH

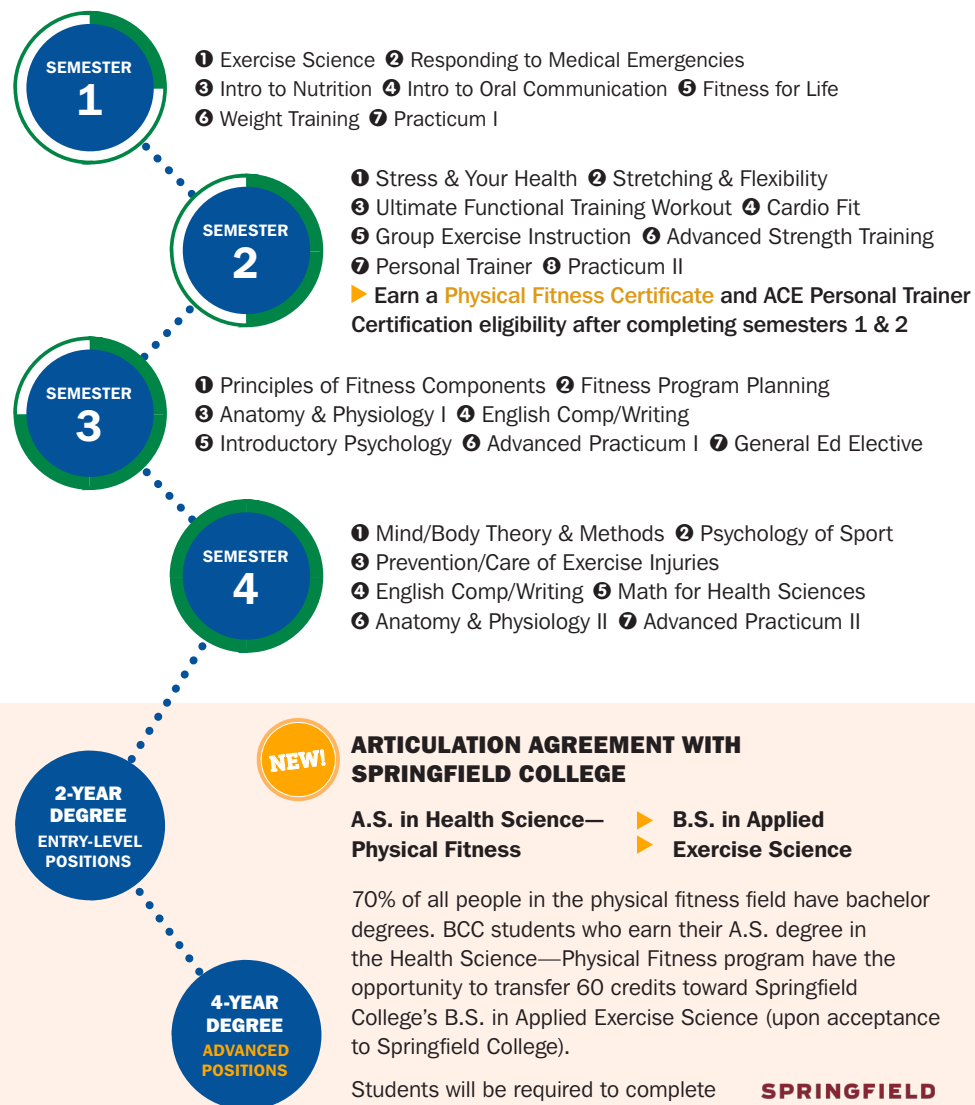
Employment of fitness trainers is **projected to grow 13 percent between 2012 and 2022**, about as fast as the average for all occupations.

WAGES

In Massachusetts, Fitness Professionals earn a median wage of **\$34,980–\$53,323** per year. **Source:** Bureau of Labor Statistics, U.S. Department of Labor. *Occupational Outlook Handbook, 2014–15 Edition.*

MassTransfer

This is a **MassTransfer eligible program**. The MassTransfer program includes the MassTransfer Block — a set of general education, core requirements consisting of a minimum of 34 college-level credits. The program also ensures that a minimum of 60 credits will be accepted and applied to your baccalaureate program at a Massachusetts state university or University of Massachusetts campus. Depending on your GPA, you may also qualify for guaranteed admission and a tuition discount. For more information contact BCC Transfer Coordinator Geoffrey Tabor. Additional information on transfer agreements can be found at www.mass.edu/masstransfer.



ENROLL NOW AT BCC to begin working toward your **A.S. in Health Science with a Physical Fitness Option** — and start your pathway to success!