What Can I Do With A Major In Adaptive Fitness

What is Adaptive Fitness?
Adaptive Fitness is a program designed to provide practical skills and knowledge for those interested in a career in the health and fitness fields, working with older adults and persons with disabilities.

Where can I find jobs in the Adaptive Fitness field?

What occupations are available with a Adaptive Fitness Certificate, Associate Degree or higher?
- Fitness Professional
- Activity director
- Personal Trainer
- Physical Therapist Aide

What Can I Earn With Skills and/or Degree in Adaptive Fitness?
The following websites directly link you to salary ranges for jobs you may be interested in within the Biotechnology field:
www.labormarketinfo.edd.ca.gov

http://www.Salary.com (Salary.com)

http://www.bls.gov/ovo/ (U.S. Department of Labor)

How do I know if a career in Adaptive Fitness is right for me?
The Foothill College Career Center offers you the following:

- Individual Career Counseling
- Career Life Planning Courses (CRLP 70, 71,72,73)
- General Career Assessments (any formal assessments such as the STRONG Interest Inventory and the Myers Briggs Type Indicator are done through the CRLP courses)
- Internet resources
- Career Software Programs
- Career Reference Library
- Job research and preparation
- Resume and Cover Letter writing assistance

**How can I experience work related to Adaptive Fitness before I complete my Certificate or AS/AA Degree?**

You can participate in the Foothill-De Anza Internship program (if you qualify) and/or the Cooperative Work Experience program.

- [http://internships.fhda.edu](http://internships.fhda.edu)
- [www.foothill.edu/co-op](http://www.foothill.edu/co-op)

**How can I contact the Career Center?**

Foothill College
Career Center
12345 El Monte Road
Los Altos Hills, CA 94022
[www.foothill.edu/career](http://www.foothill.edu/career)

**Who can I contact for questions about the Adaptive Fitness program?**

For questions regarding Adaptive Fitness Programs, contact:

Adaptive Learning Division
650-949-7017
[www.foothill.edu/al/](http://www.foothill.edu/al/)

Counseling Division
650-949-7423