

What can I do with a major in...?

Exercise Science

Associate in Applied Science
School of Health & Sciences



This vocational program is designed to provide graduates with sufficient skills and knowledge to gain employment in the following occupations:

- Recreation Instructor
- Aerobics Instructor
- Activity Instructor
- Health / Fitness Instructor
- Recreation Instructor/Director
- Health Promotion and Exercise Leader
- Fitness Center Manager
- Wellness Center Manager
- Camp Counselor
- Aquatic Instructor / Director
- Intramural Director
- Personal Trainer
- Coach
- Weight Management Consultant
- Community and/or Employee Health Consultant

This degree is intended for immediate work entry.



Exercise Science

- Therapeutic Recreation
- Athletic Trainer
- Sports Marketing
- Pre-medical Careers
- Recreation / Leisure Director
- Cardiac Rehabilitation
- Athletic Director
- Physical Education Teacher
- Health Promotion/Wellness Director
- Governmental State Department of Education or Health

With a minimum of a bachelor's and / or master's degree the above occupations are attainable.

Certification

Successful completion of course work prepares students to take national level certification exams offered by ACSM (American College of Sports Medicine), NSCA (National Strength and Conditioning Association) and ACE (American Council on Exercise).

Also being offered is a Fitness Instructor Training (FIT) program that can be completed in just one semester. This program prepares students to take certification exams offered by ACE.

What skills do I need for...?

Exercise Science

- Activity organization and planning
- Interpersonal skills
- Problem solving
- Strong leadership
- Sound decision making
- Physically conditioned body
- High level of energy
- Ability to work as a team
- Ability to analyze client needs
- Ability to be a positive role model
- Cultural awareness
- Influencing and persuading others
- Group facilitation skills
- Concern for and sensitivity to others

Who do I contact at SFCC?

School of Health & Sciences

Call: 428-1722

Websites for career information:

www.careerclusters.org/16clusters.cfm

<http://online.onetcenter.org/find/>

