

Considering a career in exercise science?

Choosing a career in exercise science can be a rewarding and fulfilling choice for students who have a passion for fitness, health, and helping others lead healthier lives.

A degree in Exercise Science Prepares can prepare you for a variety of different careers:

1. **Personal Trainer:** Personal trainers work with individuals to develop personalized fitness programs, provide coaching, and monitor progress toward fitness goals.
2. **Strength and Conditioning Coach:** These professionals work with athletes to improve their strength, agility, and performance, often within a sports team or organization.
3. **Clinical Exercise Physiologist:** They work in healthcare settings, designing exercise programs for individuals with medical conditions like heart disease, diabetes, or obesity to improve their overall health.
4. **Physical Therapist:** While this requires additional education, exercise science provides a solid foundation for pursuing a Doctor of Physical Therapy (DPT) degree. Physical therapists help people recover from injuries and improve their mobility and function.
5. **Corporate Wellness Coordinator:** In this role, professionals develop and implement wellness programs for employees to promote health and well-being within a corporate environment.
6. **Health and Fitness Educator:** These educators teach people about the importance of exercise, nutrition, and overall health. They often work in schools, community centers, or as public health educators.

Why Choose a Career in Exercise Science:

1. **Passion for Health and Fitness:** If you have a strong interest in physical activity, nutrition, and overall well-being, a career in exercise science allows you to pursue your passion while making a positive impact on others' lives.

2. **Growing Demand:** With the increasing awareness of the importance of a healthy lifestyle, there is a growing demand for professionals who can help individuals achieve their fitness goals, manage chronic conditions, and improve their overall health.

3. **Diverse Career Opportunities:** Exercise science offers a wide range of career opportunities in various settings, from fitness centers and sports teams to healthcare facilities and corporate wellness programs.

4. **Lifelong Learning:** This field is constantly evolving with new research and technologies. If you enjoy staying up-to-date with the latest health and fitness trends, exercise science provides continuous opportunities for learning and professional development.

5. **Personal Satisfaction:** Helping people improve their physical health and well-being can be incredibly rewarding. Seeing clients achieve their fitness goals can bring a sense of personal satisfaction and fulfillment.

The Exercise Science Program at Gateway offer two different degree options.

The **Exercise Science Studies TAP/CSCU Transfer Degree, AA program** prepares students to transfer to a four-year college or university to complete their bachelor's degree.

A fulltime student may follow this course sequence.

Fall 1

Bio 1111 Cell Biology with Organ Systems

Exsc 1001 Introduction to Exercise Science

CCS 1001 College and Career Success

Eng 1010 Composition

Spring 1

Bio 2111 Anatomy & Physiology I

Exsc 2030 Exercise Testing and Program Design

Math 1200 Statistics

Elective ARHX

Elective HISX

Fall 2

Bio 2112 Anatomy and Physiology II

Exsc 2032 Aspects of Strength and Conditioning

Exsc 2050 Kinesiology with Lab

PSY 1011 General Psychology

Elective WRIX

Spring 2

Exsc 2040 Exercise Physiology with Lab

Exsc 2095 Field Placement

Exsc 2031 Exercise Programming for Clinical Populations

COMM 1301 Public Speaking

The Exercise Science Program at Gateway offer two different degree options.

The **Exercise Science Studie, AS program** prepares students to transition straight into the workforce after completing their degree.

A fulltime student may follow this course sequence

Fall 1

Bio 1111 Cell Biology with Organ Systems

Exsc 1001 Introduction to Exercise Science

CCS 1001 College and Career Success

Eng 1010 Composition

Spring 1

Bio 2111 Anatomy & Physiology I

Exsc 2030 Exercise Testing and Program Design

Math 1200 Statistics

Elective ARHX

Bio1011 Introduction to Nutrition

Fall 2

Bio 2112 Anatomy and Physiology II

Exsc 2032 Aspects of Strength and Conditioning

Exsc 2050 Kinesiology with Lab

Eng 1020 Composition II

Spring 2

Exsc 2040 Exercise Physiology with Lab

Exsc 2095 Field Placement

Exsc 2031 Exercise Programming for Clinical Populations

COMM 1301 Public Speaking