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.

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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
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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