Exercise and Wellness, BS

ECXERBS

Program Description

The BS degree program in exercise and wellness prepares students to become competent professionals who promote, design and deliver evidence-based exercise programs to improve clinical outcomes and the quality of life for clients with chronic cardiovascular, pulmonary, metabolic or neuromuscular conditions and those with developmental or physical disabilities.

Students are educated to conduct appropriate pre-exercise screening evaluations and functional assessments and to deliver evidence-based physical activity or exercise prescriptions to clients or referred patients with or without symptomatic conditions. Students are instructed on how to engage clients in programs to make a meaningful impact on their health.

Graduates have the scientific and applied knowledge necessary for passing the NCCA-accredited certifications related to exercise physiology and pursue Level 2 Exercise Is Medicine credentialing by the American College of Sports Medicine.

Graduates may work in clinical, corporate and private industries.

At a Glance

• College/School: College of Health Solutions
• Location: Downtown Phoenix campus
• Additional Program Fee: Yes
• Second Language Requirement: No
• First Required Math Course: MAT 170 - Precalculus
• Math Intensity: Moderate

Required Courses (Major Map)

2020 - 2021 Major Map
Accelerated Program Options

This program allows students to obtain both a bachelor's and master's degree in as little as five years. It is offered as an accelerated bachelor's and master's degree with:

Clinical Exercise Physiology, MS
Exercise and Wellness, MS

Acceptance to the graduate program requires a separate application. During their junior year, eligible students will be advised by their academic departments to apply.

Admission Requirements

General University Admission Requirements:

All students are required to meet general university admission requirements. [Freshman] [Transfer] [International] [Readmission]

Change of Major Requirements

A current ASU student has no additional requirements for changing majors.

Students should refer to [https://changingmajors.asu.edu/request](https://changingmajors.asu.edu/request) for information about how to change a major to this program.

Transfer Options

ASU is committed to helping students thrive by offering tools that allow personalization of the transfer path to ASU. Students may use the [Transfer Map search](https://changingmajors.asu.edu/request) to outline a list of recommended courses to take prior to transfer.

ASU has transfer partnerships in Arizona and across the country to create a simplified transfer experience for students. These pathway programs include exclusive benefits, tools and resources, and help students save time and money in their college journey. Students may learn more about these programs by visiting the admission site: [https://admission.asu.edu/transfer/pathway-programs](https://admission.asu.edu/transfer/pathway-programs).
Global Opportunities

Global Experience

With over 250 programs in more than 65 countries (ranging from one week to one year), study abroad is possible for all ASU students wishing to gain global skills and knowledge in preparation for a 21st-century career. Students earn ASU credit for completed courses, while staying on track for graduation, and may apply financial aid and scholarships toward program costs. https://mystudyabroad.asu.edu/

The College of Health Solutions recommends the following study abroad programs for students majoring in exercise and wellness: http://links.asu.edu/SAO.exercise-wellness.

Career Opportunities

Graduates of this program may pursue employment in locations such as:

- adaptive fitness centers
- cardiac rehabilitation facilities
- health care systems and medical centers
- lifestyle and weight management consulting firms
- nonprofit disease prevention agencies (e.g., American Heart Association)
- outpatient fitness centers
- university fitness and wellness centers

Specialty areas may include:

- bariatric weight loss clinic counseling and management
- cancer patient exercise specialist
- corporate fitness and worksite wellness

Possible careers titles may include the following:

- adaptive exercise specialist
- cardiac rehabilitation*
- clinical exercise specialist
- exercise physiologist
- fitness center director
- group exercise specialist
- occupational therapist*
- personal training
• recreational therapist*
• worksite wellness coordinator

*Advanced degrees or certifications may be required for academic or clinical positions.

Students are well-prepared for admission into graduate programs in clinical exercise physiology, obesity prevention and management, rehabilitative fields (e.g., occupational therapy) and medicine.

Career examples include but are not limited to those shown in the following list. Advanced degrees or certifications may be required for academic or clinical positions.

<table>
<thead>
<tr>
<th>Career</th>
<th>*Growth</th>
<th>*Median Salary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adapted Physical Education Teacher</td>
<td>9.8%</td>
<td>$54,800</td>
</tr>
<tr>
<td>Cardiovascular Technologist (CVT)</td>
<td>9.9%</td>
<td>$55,270</td>
</tr>
<tr>
<td>Corporate Trainer</td>
<td>11.5%</td>
<td>$60,360</td>
</tr>
<tr>
<td>Exercise Physiologist</td>
<td>13.1%</td>
<td>$49,090</td>
</tr>
<tr>
<td>Fitness Instructor</td>
<td>10.1%</td>
<td>$39,210</td>
</tr>
<tr>
<td>Fitness and Wellness Coordinator</td>
<td>10.6%</td>
<td>$81,630</td>
</tr>
<tr>
<td>Occupational Therapist (OT)</td>
<td>23.8%</td>
<td>$83,200</td>
</tr>
<tr>
<td>Physical Therapist Assistant</td>
<td>31.0%</td>
<td>$57,430</td>
</tr>
<tr>
<td>Rehabilitation Counselor</td>
<td>12.7%</td>
<td>$34,860</td>
</tr>
<tr>
<td>Therapist (General)</td>
<td>19.9%</td>
<td>$53,850</td>
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</tbody>
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* Data obtained from the Occupational Information Network (O*NET) under sponsorship of the U.S. Department of Labor/Employment and Training Administration (USDOL/ETA).

☀ Bright Outlook  ✿ Green Occupation

Contact Information

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