Exercise and Wellness, BS

ECXERBS

Program Description

The BS degree program in exercise and wellness provides students with in-depth scientific knowledge and hands-on experiences in the field of promoting health through physical activity and enhancing human performance across a broad range of populations. Students will choose one of the listed tracks as a focus and will work with at-risk groups, healthy populations engaged in general fitness, and elite-level sports competitors.

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 117 - College Algebra
- Math Intensity: Moderate

Required Courses (Major Map)

2017 - 2018 Major Map
Major Map (Archives)

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://students.asu.edu/changingmajors" for information about how to change a major to this program.

Transfer Agreements

Career Opportunities

Graduates of this program may pursue employment locations such as:

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

Specialty areas may include:

- bariatric weight loss clinic counseling and management
- corporate fitness and worksite wellness

Possible careers titles may include the following:

- athletic trainer*
- fitness center director
- group exercise specialist
- personal training
- physical therapist*
- physical therapy technician
- sports performance coach
- sports performance director
- sports scout
- tactical performance coach

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

Students will also be well-prepared for admission into graduate programs in exercise physiology, obesity prevention and management, rehabilitative fields (e.g. physical 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>Athletic Trainer ⭐️</td>
<td>21.1%</td>
<td>$43,370</td>
</tr>
<tr>
<td>Coach</td>
<td>5.9%</td>
<td>$30,640</td>
</tr>
<tr>
<td>Exercise Physiologist</td>
<td>10.6%</td>
<td>$46,270</td>
</tr>
<tr>
<td>Fitness Instructor</td>
<td>8.4%</td>
<td>$34,980</td>
</tr>
<tr>
<td>Fitness and Wellness Coordinator ⭐</td>
<td>4.0%</td>
<td>$77,020</td>
</tr>
<tr>
<td>Medical Scientist</td>
<td>8.3%</td>
<td>$79,930</td>
</tr>
<tr>
<td>Occupational Therapist (OT) ⭐️</td>
<td>26.5%</td>
<td>$78,810</td>
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<tr>
<td>Physical Therapist (PT) ⭐️</td>
<td>34.0%</td>
<td>$82,390</td>
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<tr>
<td>Physical Therapist Assistant ⭐️</td>
<td>40.6%</td>
<td>$54,410</td>
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<tr>
<td>Physician Assistant (PA) ⭐️</td>
<td>30.4%</td>
<td>$95,820</td>
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<tr>
<td>Professional Athlete</td>
<td>5.6%</td>
<td>$43,350</td>
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<tr>
<td>Sports Official</td>
<td>4.8%</td>
<td>$24,090</td>
</tr>
</tbody>
</table>

* 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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