Exercise and Wellness, BS

ECXERBS

Program Description

The BS degree program in exercise and wellness is designed to equip the next generation of inclusive fitness professionals with the skills to lower the health care burden by using physical activity as a means to prevent and treat chronic conditions and to improve the health and well-being of the global population.

Through a combination of applied exercise science coursework and hands-on laboratory experiences, students gain the practical skills to implement evidence-based exercise programs to work with clients to achieve health and fitness goals, in both clinical and nonclinical settings.

The exercise and wellness graduate is able to apply best practices in exercise prescription and behavior change to help people adopt and maintain healthier habits and combat the ongoing health problems caused by an increase in sedentary lifestyles. Graduates are prepared for nationally accredited, advanced certification in the health and fitness area and for immediate careers in clinical, commercial or public sectors of the fitness industry. They may also transition to graduate programs specializing in fit, sedentary or symptomatic populations.

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)

2019 - 2020 Major Map
Major Map (Archives)
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.

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/](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](http://links.asu.edu/SAO.exercise-wellness).

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)
- outpatient fitness centers
- 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*
- exercise physiologist
- fitness center director
- group exercise specialist
- occupational therapist*
- personal training
- physical therapist*
- physical therapy technician
- worksite wellness coordinator

*Advanced degrees or certifications may be required for academic or clinical positions.
Students also are well-prepared for admission into graduate programs in clinical 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>Coach</td>
<td>12.9%</td>
<td>$32,270</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>Medical Scientist</td>
<td>13.4%</td>
<td>$82,090</td>
</tr>
<tr>
<td>Occupational Therapist (OT)</td>
<td>23.8%</td>
<td>$83,200</td>
</tr>
<tr>
<td>Physical Therapist (PT)</td>
<td>28.0%</td>
<td>$86,850</td>
</tr>
<tr>
<td>Physical Therapist Assistant</td>
<td>31.0%</td>
<td>$57,430</td>
</tr>
<tr>
<td>Physician Assistant (PA)</td>
<td>37.3%</td>
<td>$104,860</td>
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</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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