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 complete a core curriculum of exercise science then have the ability to choose upper-division electives specific to their area of interest. A degree in exercise and wellness prepares students for immediate careers in fitness and provides hands-on skills that can be used in professional schools.

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)

2018 - 2019 Major Map
Major Map (Archives)

Accelerated Degrees

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://students.asu.edu/changingmajors](https://students.asu.edu/changingmajors) for information about how to change a major to this program.

**Transfer Options**

ASU is committed to helping you thrive by offering tools that allow you to personalize your transfer path to ASU. Students may use the Transfer Map search 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. Learn more about these programs by visiting the [Admissions site](https://students.asu.edu/changingmajors).

**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)
- 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
- occupational therapist*
- 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 also are 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>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>
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<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>
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<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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