Exercise and Wellness, BS

Program Description

Those with a passion for exercise and health can help optimize people's lives with the BS program in exercise and wellness.

In the BS in exercise and wellness degree program, students develop strong foundational knowledge in exercise physiology, functional anatomy, kinesiological principles, the psychological aspects of physical activity, and electrocardiology. They develop expertise in health, exercise and fitness testing through hands-on experience in labs with state-of-the-art exercise, metabolic and cardiopulmonary equipment.

Upper-division and special topics courses dive deeper into the physiology and exercise prescription for those with chronic cardiovascular, metabolic or neuromuscular conditions, preparing students to prevent, treat or reverse many of these conditions.

Students gain the knowledge necessary for passing NCCA-accredited certifications for exercise physiology and for pursuing Level 2 Exercise Is Medicine credentialing by the American College of Sports Medicine.

The Bachelor of Science in exercise and wellness can also be a springboard into medical school or professional graduate programs in fields such as physical therapy and occupational therapy.

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

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Required Courses (Major Map)

2021 - 2022 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
- Physical Activity and Health, MS

Acceptance to the graduate program requires a separate application. During their junior year, eligible students are 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://changemajor.apps.asu.edu 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 MyPath2ASU™ 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.

Global Opportunities

Global Experience
With over 250 programs in more than 65 countries (programs vary in length, 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 they may apply financial aid and scholarships toward program costs.  
https://goglobal.asu.edu/

The College of Health Solutions recommends the following study abroad programs for students majoring in exercise and wellness: https://mystudyabroad.asu.edu/students/major/chs/exercise-wellness.

**Career Opportunities**

This degree program prepares students to become exercise physiologists, an occupation with a faster than average growth rate according to the U.S. Bureau of Labor Statistics. Exercise physiologists promote, design and deliver evidence-based exercise programs to improve outcomes for clients with cardiovascular, pulmonary, metabolic or neuromuscular conditions and those with developmental or physical disabilities.

Graduates may work as exercise physiologists in cardiac rehab, clinical exercise specialists, exercise scientists, or weight management consultants; these are just a few options from among many career paths.

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

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

Specialty areas may include:

- bariatric weight loss (counseling and pre- or post-surgery fitness training)
- cancer patient exercise specialist
- cardiac rehabilitation
- corporate fitness and worksite wellness
- exercise and weight counseling and management

Possible careers titles may include the following:

- bariatric weight loss counselor
• cardiac rehabilitation specialist*
• exercise physiologist
• exercise scientist
• exercise specialist
• fitness center director or coordinator
• group exercise specialist
• health fitness specialist
• inclusive fitness trainer
• lifestyle and weight management consultant
• occupational therapist*
• personal trainer
• recreational therapist*
• worksite wellness coordinator or counselor

*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., physical therapy, 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>8.5%</td>
<td>$62,820</td>
</tr>
<tr>
<td>Cardiovascular Technologist (CVT)</td>
<td>5.4%</td>
<td>$59,100</td>
</tr>
<tr>
<td>Corporate Trainer</td>
<td>8.6%</td>
<td>$62,700</td>
</tr>
<tr>
<td>Exercise Physiologist</td>
<td>11.3%</td>
<td>$50,280</td>
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<tr>
<td>Fitness Instructor</td>
<td>15.4%</td>
<td>$40,510</td>
</tr>
<tr>
<td>Fitness and Wellness Coordinator</td>
<td>not available</td>
<td></td>
</tr>
<tr>
<td>Occupational Therapist (OT)</td>
<td>15.9%</td>
<td>$86,280</td>
</tr>
<tr>
<td>Physical Therapist Assistant</td>
<td>32.6%</td>
<td>$59,770</td>
</tr>
<tr>
<td>Rehabilitation Counselor</td>
<td>10.3%</td>
<td>$37,530</td>
</tr>
<tr>
<td>Therapist (General)</td>
<td>14.6%</td>
<td>$57,310</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