Exercise and Wellness (Fitness and Wellness Specialist), BS

ASU is no longer accepting new students to this program. Interested students should apply to the BS program in exercise and wellness.

Program Description

The BS program in exercise and wellness provides students with the knowledge and practical skills necessary to assist individuals in reaching optimal health. Students are prepared to pursue nationally recognized and credentialed certifications provided by professional organizations in fields of study related to physical activity, strength and conditioning, or exercise physiology. The exercise and wellness student is also well prepared, with the addition of the prerequisite courses, to continue into graduate schools required for careers in physical therapy, occupational therapy, athletic training or other medical fields.

The exercise and wellness program consists of a carefully designed curriculum emphasizing:

- competency in the instruction of basic and advanced techniques related to flexibility, resistance training and cardiovascular exercise
- competencies required to attain advanced level certifications from professional associations in the field
- foundational knowledge of exercise physiology and applied kinesiology
- methods to understand and help improve individuals with regard to their health behavior choices
- skills in assessing and interviewing clients in preparation for fitness and wellness programming
- skills in designing and manipulating program variables to work with apparently healthy or symptomatic individuals

Students in the exercise and wellness degree program also have the ability to enroll in courses that will enhance their abilities to work with high performance athletes, obese individuals or those at risk for suffering from other hypokinetic diseases.

Employment of fitness and wellness professionals is expected to grow by up to 24 percent through 2020, much faster than other occupations, driven by efforts to reduce health care costs by teaching people about healthy behaviors. The need for exercise and wellness programming and facilities will increase the need for workers in these areas.
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)

2016 - 2017 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

Students should refer to 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 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/)

**Career Opportunities**

Students who complete the exercise and wellness degree will have enhanced opportunities in fitness and wellness employment settings because clients and employers prefer to work with people who are more highly prepared and qualified.

Undergraduates in this concentration often pursue careers in such fields as:

- clinical exercise
- corporate fitness
- fitness management
- personal training
- sports performance
- wellness center management

Students may also pursue further graduate study in such fields as:

- athletic training*
- cardiac rehabilitation*
- occupational therapy*
- physical therapy*
- physician assistant*

*Advanced degrees or certifications may be required for academic or clinical positions.
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>Exercise Physiologist</td>
<td>13.1%</td>
<td>$49,090</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>
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<tr>
<td>Physical Therapist (PT)</td>
<td>28.0%</td>
<td>$86,850</td>
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<tr>
<td>Physical Therapist Assistant</td>
<td>31.0%</td>
<td>$57,430</td>
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<tr>
<td>Physician Assistant (PA)</td>
<td>37.3%</td>
<td>$104,860</td>
</tr>
<tr>
<td>Sports Medicine Doctor</td>
<td>11.4%</td>
<td>#</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

College of Health Solutions | HLTHN 401AA
chs@asu.edu | 602-496-3300