

A.S. in Exercise Science

DESCRIPTION OF THE EXERCISE SCIENCE PROGRAM

The mission of the Exercise Science Associate of Science (A.S.) degree program is to provide students with a foundational degree to transfer to a baccalaureate program in exercise science or a related field. The program offers a wide range of course work that provides the foundation for pursuing active, wellness-oriented careers. Students take courses in anatomy and physiology, fitness assessment, exercise program design, strength and flexibility training, weight management, health and nutrition, and a variety of physical activity courses.

SKILLS

Compassion. Those who work in the allied health professions work with patients and/or clients who may be in considerable pain or discomfort, they must be sympathetic while working with patients.

Active Listening. Allied health professionals must be able to give their full attention to what clients are saying, taking time to understand the points being made, asking questions as appropriate, and not interrupting at inappropriate times.

Motivational skills. Getting fit and staying fit takes a lot of work for many clients. To keep clients coming back for more classes or to continue personal training, professionals in this field must keep their clients motivated.

CAREER OPPORTUNITIES

Graduates of 4-year degree programs in exercise science can gain professional employment in a wide variety of job settings. Examples might include work as a personal trainer, strength and conditioning coach, health and wellness coach, health club fitness director and/or manager.

In addition, with further education at the graduate level, students may pursue a wide variety of career paths such as athletic trainer, clinical exercise physiologist, occupational therapist, physical therapist, physical education teacher as well as many other allied health fields.

CAREER INFORMATION

Fitness trainers and instructors lead, instruct, and motivate individuals or groups in exercise activities (requires bachelor's degree).

Athletic trainers specialize in preventing, diagnosing, and treating muscle and bone injuries and illnesses (requires master's degree and license).

Physical therapists help injured or ill people improve movement and manage pain. They are often an important part of preventive care, rehabilitation, and treatment for patients with chronic conditions, illnesses, or injuries (requires doctoral degree and license).

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Career Development Center
Monday - Friday | 9:30am - 5pm
Room C-102 | 718-368-5115

EMPLOYMENT OUTLOOK

Employment of fitness trainers and instructors is projected to grow 39 percent from 2020 to 2030, much faster than the average for all occupations.

Employment of athletic trainers is projected to grow 23 percent from 2020 to 2030, much faster than the average for all occupations.

Employment of physical therapists is projected to grow 21 percent from 2020 to 2030, much faster than the average for all occupations.

CAREER PATH

The median annual wage for fitness trainers and instructors was \$40,700 in May 2021.

The median annual wage for athletic trainers was \$48,420 in May 2021.

The median annual wage for physical therapists was \$95,620 in May 2021.

For further information on description for career options, employment requirements, projected outlook for employment, and potential wage earnings, review the Occupational Handbook on the following link:

<https://www.bls.gov/ooh>

TRANSFER OPTIONS — Sample Exercise Science Bachelor Programs offered in NY

- Adelphi – B.S. Exercise Science
- Brooklyn College – B.S. Exercise Science (Fitness Professional track or Pre-Health Professions track), B.S. Physical Education Teacher (K-12)
- Hofstra University – B.S. Exercise Science
- Lehman College – B.S. Exercise Science (Pre-Physical Therapy track or Exercise and Movement Science track)
- LIU – B.S. in Fitness & Wellness, B.S. in Sport Science, B.S./M.S. in Athletic Training
- Mercy College – B.S. Exercise Science (Clinical track, Performance track)
- NY Institute of Technology – B.S. Exercise Science
- Queens College – B.S. Nutrition and Exercise Science
- SUNY Brockport – B.S. Exercise Science
- SUNY Buffalo – B.S. Exercise Science
- SUNY Cortland – B.S. Exercise Science, B.S. Coaching
- York – B.S. Movement Sciences

**Looking for an active career helping others?
Let the Exercise Science Program be your next move!**

CAREER COACH – SEARCH CAREER INFORMATION & CURRENT LOCAL WAGE DATA

<https://kingsborough.emsicc.com/programs/exercise-science-as/190619>

INFORMATION ON HOW TO APPLY: www.cuny.edu/apply or 718-368-4600

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