

# Clinical Exercise Science, BS

ECEXERBS

If the effects of exercise could be put into a pill, it would be the most powerful medicine ever invented. Join this nationally accredited program to discover why exercise is medicine, gain experience in the field, and learn how to help people reverse obesity, cardiovascular disease and Type 2 diabetes.

## Program description

In the BS in clinical exercise science program, students develop an extensive understanding of how the human body responds to, changes with and benefits from exercise.

Hands-on laboratory courses with innovative exercise, metabolic and cardiopulmonary equipment provide students with the skills and experience they need to be hired as exercise physiologists in health care settings upon graduation.


Upper-division and special topics courses allow students to gain an even deeper understanding in an area of interest, such as exercise for chronic and neurological conditions or nutrition for health and performance.

Students gain the knowledge necessary to pass the exercise physiologist certification exam from the American College of Sports Medicine and for pursuing level 2 Exercise Is Medicine credentialing from the American College of Sports Medicine.

This program is accredited through the Commission on Accreditation of Allied Health Education Programs (<https://www.caahep.org>), endorsed by the American College of Sports Medicine.

## At a glance

- **College/School:** [College of Health Solutions](#)
- **Location:** [Downtown Phoenix](#)

- **Second language requirement:** No
- **First required math course:** MAT 117 - College Algebra  
or MAT 142 College Mathematics
- **Math intensity:** Moderate 

## Required courses (Major Map)

[2024 - 2025 Major Map](#)

[Major Map \(Archives\)](#)

## Concurrent program options

Students pursuing concurrent degrees (also known as a "double major") earn two distinct degrees and receive two diplomas. Working with their academic advisors, students can create their own concurrent degree combination. Some combinations are not possible due to high levels of overlap in curriculum.

## 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 plus master's degree** with:

[Clinical Exercise Physiology, MS](#)

[Physical Activity and Health, MS](#)

Acceptance to the graduate program requires a separate application. Students typically receive approval to pursue the accelerated master's during the junior year of their bachelor's degree program. Interested students can learn about eligibility requirements and [how to apply](#).

## Admission requirements

### General university admission requirements:

All students are required to meet general university admission requirements.

[First-year](#) | [Transfer](#) | [International](#) | [Readmission](#)

## Tuition information

When it comes to paying for higher education, everyone's situation is different. Students can learn about [ASU tuition and financial aid](#) options to find out which will work best for them.

## Change of Major Requirements

A current ASU student has no additional requirements for changing majors.

Students should visit the [Change of Major form](#) 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 they help students save time and money in their college journey.

## Program learning outcomes

Program learning outcomes identify what a student will learn or be able to do upon completion of their program. This program has the following program outcomes:

- Apply mathematical skills related to bioenergetics and exercise intensities.
- Apply the principles guiding evidence-based practice learned through the appraisal of scientific literature.
- Create exercise prescriptions for healthy clients and clients with chronic conditions.
- Apply professional competencies (i.e., job-related skills) commonly required in the fitness industries.
- Apply concepts of basic human anatomy and physiology as they relate to exercise.

## Global opportunities

### Global experience

With more than 300 [Global Education program opportunities](#) available to them, clinical exercise science students are able to tailor their experience to their unique interests and skill sets. Whether in a foreign country, in the U.S. or online, students build communication skills, learn to adapt and persevere, and are exposed to research and internships across the world, increasing their professional network.

The College of Health Solutions recommends [these programs](#) for students majoring in clinical exercise science.

## 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.

In addition to working as exercise physiologists, graduates may obtain positions as clinical exercise specialists, exercise scientists or weight management consultants, 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 postsurgery fitness training)
- cancer patient exercise specialist
- cardiac rehabilitation
- corporate fitness and worksite wellness
- exercise and weight counseling and management

Graduates are well prepared for admission to graduate programs in clinical exercise physiology, athletic training, obesity prevention and management, rehabilitative fields (e.g., physical therapy, occupational therapy) and medicine.

Example job titles and salaries listed below are not necessarily entry level, and students should take into consideration how years of experience and geographical location may affect pay scales. Some jobs also may require advanced degrees, certifications or state-specific licensure.

Career	*Growth	*Median salary
<u><b>Adapted Physical Education Teacher</b></u>	2.9%	\$63,950
<u><b>Cardiovascular Technologist (CVT)</b></u>	3.7%	\$63,020
<u><b>Corporate Trainer</b></u> ☀	6.3%	\$63,080
<u><b>Exercise Physiologist</b></u> ☀	10.2%	\$51,350
<u><b>Fitness Instructor</b></u> ☀	13.7%	\$45,380
<u><b>Fitness and Wellness Coordinator</b></u>	4.3%	\$56,090
<u><b>Occupational Therapist (OT)</b></u> ☀	11.5%	\$93,180
<u><b>Physical Therapist Assistant</b></u> ☀	26.1%	\$62,770
<u><b>Rehabilitation Counselor</b></u>	1.9%	\$39,990
<u><b>Therapist (General)</b></u> ☀	12.2%	\$60,800

\* Data obtained from the Occupational Information Network (O\*NET) under sponsorship of the U.S. Department of Labor/Employment and Training Administration (USDOL/ETA).

## Professional licensure

ASU programs that may lead to professional licensure or certification are intended to prepare students for potential licensure or certification in Arizona. Completion of an ASU program may not meet educational requirements for licensure or certification in another state. For more information, students should visit the [ASU professional licensure](#) webpage.

## Contact information

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