Clinical Exercise Science, BS
EC HEXERBS

Reverse Type II diabetes? Prevent cardiovascular disease? Rehabilitate people who had a heart attack? Learn how to do all of this and more.

Program Description

In the BS in clinical exercise science degree program, students develop a deep understanding of how the human body responds to exercise, changes due to exercise and benefits from exercise. Hands-on laboratory courses with innovative exercise, metabolic and cardiopulmonary equipment provide students with the necessary skills and experience to be hired as exercise physiologists upon graduation.

Upper-division and special topics courses dive 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 National Commission for Certifying Agencies accredited certifications for exercise physiology and for pursuing Level 2 Exercise Is Medicine credentialing by the American College of Sports Medicine.

At a Glance

- **College/School:** College of Health Solutions
- **Location:** Downtown Phoenix
- **Additional Program Fee:** Yes
- **Second Language Requirement:** No
- **First Required Math Course:** MAT 170 - Precalculus
- **Math Intensity:** Moderate
Required Courses (Major Map)

2022 - 2023 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 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.
First-year | 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 they 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/MyPath2ASU](https://admission.asu.edu/transfer/MyPath2ASU).

**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 who wish to acquire 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/](https://goglobal.asu.edu/)

The College of Health Solutions recommends the following study abroad programs for students majoring in clinical exercise science: [https://goglobal.asu.edu/students/major/chs/exercise-wellness](https://goglobal.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
- fitness center director or coordinator
- lifestyle and weight management consultant
- occupational therapist*
- personal trainer or group exercise specialist
- 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>
</tr>
<tr>
<td>Fitness Instructor 🌟</td>
<td>15.4%</td>
<td>$40,510</td>
</tr>
<tr>
<td>Fitness and Wellness Coordinator</td>
<td></td>
<td>not available</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>
</tr>
</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
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: https://admission.asu.edu/academics/licensure.

Contact Information

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