

# Exercise and Wellness (Fitness and Wellness Specialist), BS

ECEXWBS

ASU is no longer accepting new students to this program. Interested students should apply to the BS program in [clinical exercise science](#).

## Program description

The BS program in exercise and wellness provides students with the knowledge and practical skills necessary for assisting individuals in reaching optimal health.


The 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 option 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.

Those who complete the program are prepared for pursuing nationally recognized and credentialed certifications provided by professional organizations in fields of study related to physical activity, strength and conditioning, or exercise physiology. With the addition of the prerequisite courses, they also are well prepared for continuing into graduate programs that are required for careers in physical therapy, occupational therapy, athletic training or other medical fields.

## 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 170 Precalculus
- **Math intensity:** Moderate 

## Required courses (Major Map)

[2016 - 2017 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.

## 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

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.

## Global opportunities

### Global experience

With more than 300 [Global Education program opportunities](#) available, exercise and wellness 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.

## Career opportunities

Employment of fitness and wellness professionals is expected to grow by up to 39% from 2020 to 2030 --- 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 increases the need for workers in these areas.

Those who have earned the exercise and wellness degree 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.

Graduates of this concentration often pursue careers in such fields as:

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

Graduates 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.

## **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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