

EXERCISE SCIENCE

School of Wellness, Exercise Science and Athletics

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School/Department Location: www.swccd.edu/cvlocation

Map: <https://goo.gl/maps/C4E3PnKsdU92> (<https://goo.gl/maps/C4E3PnKsdU92/>)

General Description

Exercise Science is an academic area of study concerned with the art and science of physical movement. This department explores the processes through which individuals obtain optimal health, physical skills, and fitness. Learning concentrates on human movement as it affects and is affected by physiological, psychological, cultural, social, and mechanical parameters. The application of movement concepts evolves from a foundation in human anatomy, physiology, and principles of kinesiology that cover healthful living, nutrition, and emergency practices.

Career Options

Below is a sample of the career options available for the exercise science major. A few of these require an associate degree, most require a bachelor's degree, and some require a graduate-level degree: athletic trainer, high school or college instructor, coach, corrective therapist, exercise test technologist, sports medicine doctor, recreation specialist, community center leader, personal trainer, rehabilitation technician, sportscaster, referee, resort sports coordinator, and sports club manager or personnel, exercise physiologist and physical therapist.

Degree/Certificate Options	Major Code
Associate Degree for Transfer (ADT)	
Kinesiology (SB1440) (http://catalog.swccd.edu/associate-degree-certificate-programs/exercise-science/kinesiology-aat/)	01365
Associate in Science Degree: Transfer Preparation	
Kinesiology-Sports Medicine (http://catalog.swccd.edu/associate-degree-certificate-programs/exercise-science/kinesiology-sports-med-as/)	01369
Associate in Arts Degree: Transfer Preparation	
Exercise Science (http://catalog.swccd.edu/associate-degree-certificate-programs/exercise-science/exercise-science-aa/)	A1360
Certificate of Achievement	
Fitness Specialist Certification—Advanced (http://catalog.swccd.edu/associate-degree-certificate-programs/exercise-science/fitness-specialist-certification-advanced-certificate/)	01362

Yoga Teacher Training - 200 Hour (<http://catalog.swccd.edu/associate-degree-certificate-programs/exercise-science/yoga-teacher-training-200hour-certificate/>) 01363

Yoga Teacher Training - 300 Hour (<http://catalog.swccd.edu/associate-degree-certificate-programs/exercise-science/yoga-teacher-training-300hour/>) 01364

Certificate of Proficiency

Fitness Specialist Certification—Basic (<http://catalog.swccd.edu/associate-degree-certificate-programs/exercise-science/fitness-specialist-certification-basic-certificate/>) 01361

Consult with a counselor to develop a Student Education Plan (SEP), which lists the courses necessary to achieve your academic goal.

Faculty

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