

# EXERCISE SCIENCE

## School of Health, Wellness, and Public Safety

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**School/Department Location:** [www.swccd.edu/cvlocation](http://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
<b>Associate Degree for Transfer (ADT)</b>	
Kinesiology (SB1440) ( <a href="http://catalog.swccd.edu/associate-degree-certificate-programs/exercise-science/kinesiology-aat/">http://catalog.swccd.edu/associate-degree-certificate-programs/exercise-science/kinesiology-aat/</a> )	01365
Nutrition and Dietetics (SB1440) ( <a href="http://catalog.swccd.edu/associate-degree-certificate-programs/exercise-science/nutrition-dietetics-adt/">http://catalog.swccd.edu/associate-degree-certificate-programs/exercise-science/nutrition-dietetics-adt/</a> )	01366
<b>Associate in Arts Degree: Transfer Preparation</b>	
Exercise Science ( <a href="http://catalog.swccd.edu/associate-degree-certificate-programs/exercise-science/exercise-science-aa/">http://catalog.swccd.edu/associate-degree-certificate-programs/exercise-science/exercise-science-aa/</a> )	A1360
<b>Associate in Science Degree: Transfer Preparation</b>	
Public Health ( <a href="http://catalog.swccd.edu/associate-degree-certificate-programs/exercise-science/public-health-as/">http://catalog.swccd.edu/associate-degree-certificate-programs/exercise-science/public-health-as/</a> )	01367
<b>Certificate of Achievement</b>	

Fitness Specialist 01362  
 Certification--Advanced (<http://catalog.swccd.edu/associate-degree-certificate-programs/exercise-science/fitness-specialist-certification-advanced-certificate/>)

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

### Certificate of Proficiency

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

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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