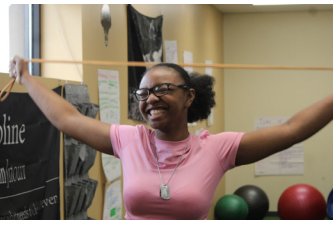
EXERCISE SCIENCE

Turn sweat into success with wellness in action

Turn your passion for fitness into a career pathway. Gain valuable industry knowledge in health, wellness, athletics and rehabilitation while preparing for Personal Trainer certification. Through the study of anatomy, exercise physiology, nutrition, and fitness assessment, you'll learn how to design and implement safe, effective exercise programs for diverse populations. Build the technical and professional skills employers value and take the next step toward a rewarding career in the health and fitness industry.









What You Can LEARN

Units of Study

- Career Exploration
- Health and Physical Fitness
- Anatomy
- Exercise Physiology
- Pre-Health Screening
- Pre-Exercise Evaluation
- Exercise Testing
- Exercise Nutrition
- Weight Management
- Programming Design
- Anaerobic Training
- Strength Training
- Cardio Training
- Flexibility Training
- Working with Special Populations
- Entrepreneurship

What You Can EARN

Available High School Academic Credits

At district request, students may earn:

- English
- Science

Licensing/Industry-Based Certifications

Students have opportunities to earn:

- Red Cross First Aid/CPR/AED
- American College of Sports Medicine-Certified Personal Trainer (ACSM-CPT) Exam Prep

Work-Based Learning

- School-Based Learning
- Educational Tours
- Guest Speakers
- Career Fair
- Job Shadow
- Co-op

Where You Can GO

Career Opportunities

Minimal Requirement Beyond CTE

- Fitness Trainer
- Physical Therapy Aide

Additional Education and/or Experience

- Massage Therapist
- Physical Therapist
- Chiropractor
- Exercise Physiologist

Postsecondary Pathways

Dual Enrollment

- Monroe Community College
  - Foundations of Personal Health and Wellness (HED130)

Articulation Agreements

- Genesee Community College
- Monroe Community College
- Niagara County Community College
- SUNY Canton

Now You Can KNOW

According to the Bureau of Labor Statistics, employment of fitness trainers and instructors is projected to grow 13% from 2018 to 2028.

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