

EXERCISE SCIENCE

Turn sweat into success with wellness in action

Power up your future as a fitness pro, whether it's in health, wellness, athletics or rehabilitation. Gear up for Personal Training certification and muscle your way through anatomy and exercise physiology. Kickstart your professional fitness journey as you take your health and physical fitness knowledge to the next level. Flex your muscles as a scaling guru as you sculpt custom-fit exercise programs.



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
- Physical Education

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

Organizations that support this program:

- Lattimore Physical Therapy
- Genesee Community College
- SUNY Brockport
- Agape Physical Therapy
- Dunamis
- S&S Fitness



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.



Monroe 2-Orleans BOCES Career and Technical Education

WEMOCO Career and Technical Education Center
3589 Big Ridge Road, Spencerport, NY 14559

(585) 352-2471 • www.monroe2boces.org/cte • @BOCES2CTE

