

# Exercise Science

Help people live healthier lives



Prepare for Personal Training certification while gaining experience with health & wellness, athletics, and rehabilitation professionals.



## Topics 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

## Available Academic Credits

- English
- Science
- Physical Education

## Licensing / Industry-Based Certifications

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

## Work-Based Learning

CTE programs bring students into the workplace for real life experiences. Businesses that support our Exercise Science program:

- Lattimore Physical Therapy
- Genesee Community College
- SUNY Brockport

## College Credits

MCC Dual Enrollment - HED 130: Foundations of Personal Health and Wellness

## Articulation Agreements

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



## Career Paths

All CTE programs correlate to many career paths.

### ↓ Start Here

- Fitness Trainer
- Physical Therapy Aide

### Go Here ↓

*with more education & experience*

- Massage Therapist
- Physical Therapist
- Chiropractor
- Exercise Physiologist

## Explore more:

<https://www.careerzone.ny.gov/>

<https://www.onetonline.org/find/>



WEMOCO Career & Technical Education Center  
Monroe 2-Orleans Board of Cooperative Educational Services  
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