



EXERCISE SCIENCE

WHITEWATER CAREER CENTER

PROGRAM OVERVIEW

Exercise Science provides an introduction to the science of exercise and human movement. Topics include exercise physiology, sport biomechanics, sports medicine, and motor integration. Students will study fundamental concepts of the musculoskeletal and neuromuscular structures, diet and exercise, body mechanics and physiological functions of muscle movements. Techniques of patient recovery from injury, illness and disease and how the body adapts to acute and chronic physical activity in sports and athletic performance are also included. Additionally, students will examine career options in sport, health and wellness, education, and the medical fields like personal trainer, athletic training and physical therapy.

YOU WILL LEARN

- Kinesiology
- Fitness & Health
- Exercise Physiology
- Biomechanics
- Exercise Nutrition

GET YOURSELF READY

To be successful, do well in all academic classes, be on track for graduation, and have a good work ethic. The following courses will be helpful in this career area:

- Preparing for College and Careers
 - Nutrition and Wellness
 - Interpersonal Relationships



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CERTIFICATIONS & DUAL CREDITS

NASM Certified Personal Trainer (National Association of Sports Medicine)
American Red Cross CPR and AED certification for the Professional Rescuer

* Dual credits & certifications offered are subject to change.

NEXT CAREER STEPS

Upon completing this program, you may continue your education in 2 or 4-year postsecondary degree programs, obtain employment in the industry, or use the certification earned to work while continuing your education.

POTENTIAL CAREERS

Athletic Trainer	\$57,810
Physical Therapist	\$97,960
Physical Therapist Assistant	\$64,510
Exercise Trainer	\$50,170
Dietician & Nutritionist	\$69,350
Occupational Therapist	\$92,800
Occupational Therapist Assistant	\$66,280

All career and salary information is cited from the U.S. Department of Labor Bureau of Labor Statistics, May 2021 State Occupational Employment & Wage Estimates.

INDIANA MEAN WAGE



TRANSCRIPT INFORMATION

NEXT LEVEL
PROGRAM OF STUDY

Cluster: Health Sciences Pathway: Exercise Science
EXERCISE SCIENCE YEAR I *Course sequence subject to change.

DOE Course Codes:

7320	Principles of Exercise Science	1 credit per semester
7321	Kinesiology	1 credit per semester
7322	Human Performance	1 credit per semester

Co-requisites: Courses must be taken concurrently
Recommended Grade Levels: 11, 12

EXERCISE SCIENCE YEAR II

DOE Course Codes:

7324	Fitness Management Capstone	3 credits per semester
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Prerequisite: Year I

Recommended Grade Level: 12



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