



# 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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## DUAL CREDITS

Vincennes Dual College Credits	
PFWL 100 Lifetime Fitness/Wellness	2 credits
HLTH 201 Personal Health Science	3 credits
PHED 150 Introduction to Kinesiology & Sport	3 credits
PHED 212 Introduction to Exercise Science	3 credits

Dual credits offered in year one.

\* Dual credits 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

• Physical Therapist	\$92,790
• Physical Therapist Assistant	\$59,160
• Exercise Physiologist	\$58,010
• Fitness Trainer	\$37,860
• Dietician & Nutritionist	\$62,450
• Occupational Therapist	\$87,510
• Occupational Therapist Assistant	\$55,390

Indiana Department of Workforce Development, Oct 2024

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:

7323	Physical Therapy Capstone	3 credits per semester
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Prerequisite: Year I

Recommended Grade Level: 12



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[www.WhitewaterCareerCenter.org](http://www.WhitewaterCareerCenter.org)