www.WhitewaterCareerCenter.org

EXERCISE SCIENCE

WHITEWATER CAREER CENTER

PROGRAM OVERVIEW

The Exercise Science program introduces students to the study of human movement and the science behind physical activity. Coursework covers exercise physiology, biomechanics, sports medicine, and motor integration, while also exploring the musculoskeletal and neuromuscular systems, nutrition, body mechanics, and the physiological functions of muscle movements.

Students learn how the body responds to both acute and long-term activity, as well as techniques for rehabilitation and recovery from injury, illness, or disease. Beyond theory, the program emphasizes real-world application and career exploration in fitness, health, and medical fields, including athletic training, physical therapy, personal training, and wellness education.



>>> YOU WILL LEARN

- How the body moves *(muscles, nerves, mechanics)*
- Fitness & health
- Exercise physiology
- Recovery, rehab, and injury prevention
- How to build careers in fitness, health, and the medical fields



MEET KELSEY

FUTURE THERAPIST.

Connersville High School and Exercise Science student at Whitewater Career Center

EXERCISE SCIENCE

CERTIFICATION & DUAL CREDITS

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

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

Certifications are earned in year one and two. Dual credits are earned in year one.
Students must meet the eligibility requirements to enroll in dual credit courses.
Sophomores may not be eligible to enroll in all dual credit courses.
* Certifications and dual credit courses offered are subject to change.



NEXT CAREER STEPS

Upon completion of the Exercise Science program, students may continue their education in 2- or 4-year postsecondary degree programs in fields such as exercise science, athletic training, physical therapy, or related health and wellness areas. Students may also pursue immediate employment in the fitness industry, including positions such as personal trainer, wellness coach, or entry-level rehabilitation aide.

POTENTIAL CAREERS

- Physical Therapist
- Physical Therapist Assistant
- Exercise Physiologist
- Fitness Trainer
- Dietitian & Nutritionist
- Occupational Therapist
- Occupational Therapist Assistant

COURSE INFORMATION

Cluster: Health Sciences

Pathway: Exercise Science

EXERCISE SCIENCE YEAR I

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	Physcial Therapy Capstone	3 credits per semester

Prerequisite: Year I
Recommended Grade Level: 12

Centerville | Connersville | Franklin County
Lincoln | Rushville | Union County

WHITEWATER CAREER CENTER

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