

267000
EXERCISE SCIENCE TECHNOLOGY
 (Requirements effective Spring Semester 2015)

C E R FIRST YEARFall Semester

<u>C</u>	<u>E</u>	<u>R</u>		<u>Credit Hours</u>	<u>Prerequisites</u>
—	—	—	3100:200 Human Anatomy and Physiology I	3	
—	—	—	3100:201 Human Anatomy and Physiology Laboratory I	1	
—	—	—	3300:111 English Composition I (Min. grade of "C" required)	3	Appropriate Placement by Adviser
—	—	—	3750:100 Introduction to Psychology --OR--		
—	—	—	3850:100 Introduction to Sociology	3	
—	—	—	5550:100 Introduction to Sport Studies	3	
—	—	—	5550:211 First Aid & CPR --OR--		
—	—	—	5550:212 First Aid & CPR Professional Rescuer	<u>2</u>	
				15	

Spring Semester

—	—	—	3100:202 Human Anatomy & Physiology II	3	3100:200
—	—	—	3100:203 Human Anatomy & Physiology Laboratory II	1	
—	—	—	5550:150 Concepts of Health & Fitness	3	
—	—	—	5570:202 Stress Management	3	
—	—	—	7600:105 Introduction to Public Speaking --OR--		
—	—	—	7600:106 Effective Oral Communications	<u>3</u>	
				13	

Summer Semester

—	—	—	5550:302 Physiology of Exercise and Laboratory (offered on Akron Campus <u>only</u>)	3	3100:200/201, 3100:202/203 (Min. grade of "C" required)
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SECOND YEARFall Semester

—	—	—	3600:101 Introduction to Philosophy --OR--		
—	—	—	3600:120 Introduction to Ethics --OR--		
—	—	—	3600:170 Introduction to Logic	3	
—	—	—	5550:201 Kinesiology	3	3100:200/201 or 3100:202/203
—	—	—	5550:220 Health Promotion and Behavior Change	3	5550:150
—	—	—	5550:330 Exercise and Weight Control	3	5550:302
—	—	—	7760:133 Nutrition Fundamentals	<u>3</u>	
				15	

Spring Semester

—	—	—	2540:143 Microsoft Word: Beginning	2	
—	—	—	2670:250 Exercise Science Technology Internship	3	32 credits, including 5550:201, 220, 330 and permission
—	—	—	5550:352 Strength and Conditioning	3	3100:200/201, 3100:202/203
—	—	—	5550:355 Exercise of Special Populations	3	5550:302
—	—	—	Mathematics Requirement	<u>3</u>	Appropriate Placement by Adviser
				14	

TOTAL CREDITS - 60 C = Completed E = Exempt R = Required

EXERCISE SCIENCE TECHNOLOGY

Dr. John Roncone - Coordinator

D-206

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Exercise science is the study of how physical activity and the mental aspects of the human body work together to increase the body physically. This is most often seen in athletes. The exercise science technology field focuses on the knowledge and skills necessary to increase the health and wellness of individuals, working in commercial, community, corporate, and clinical settings. Professionals in exercise science technology include fitness workers, such as trainers and wellness coaches.

The Associate of Applied Science degree in Exercise Science Technology (EST) is designed to develop skills to prepare graduates for paraprofessional positions in fitness and wellness settings. Graduates are trained to instruct and coach both groups and individuals in various exercises and activities. They assist clients to assess their physical fitness level and encourage and help them to set and reach their fitness goals. Graduates are prepared to enter careers as fitness trainers, wellness coaches, or other health and fitness paraprofessional positions, or to continue on to a bachelor's degree in areas including exercise science, sports science, or pre-physical therapy.

According to the Bureau of Labor Statistics, Occupational Outlook Handbook, fitness professionals, such as fitness trainers and instructors, lead and motivate individuals, or groups, of all ages and skill levels, in physical activities, including cardiorespiratory exercises, muscle fitness, and muscular flexibility.

As public health concerns, such as childhood obesity, wellness for aging baby boomers, and health maintenance of older adults gain prominence, and as businesses strive to manage health care costs and maximize productivity through employee health and fitness programs, careers in this field are expected to increase the need for fitness paraprofessionals. According to the Bureau of Labor Statistics, Occupational Outlook Handbook, jobs in fitness, including those for which this degree will prepare students, is projected to grow 8% in the U.S., from 2014-2024, about as fast as the average for all occupations. Annual mean wage of fitness trainers and instructors, Ohio, May 2015, was \$24,130-32,110 (Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, 2016-2017).

Certification Preparation

Graduates of this program would be prepared to sit for personal training certificates offered by the American Council on Exercise, the National Strength and Conditioning Association, the American College of Sports Medicine, and the National Council on Strength and Fitness.

NOTE:

This curriculum guide is a recommended plan of study. Students with questions about degree requirements should contact an academic adviser.

If you are pursuing an associate degree and have completed twelve or more semester credits, we suggest that you schedule an appointment with an academic adviser to transfer into CAST and to produce a student degree agreement (contract). The degree agreement is a formal statement of the courses that you must complete to satisfy your degree requirements.

This associate degree articulates with the following baccalaureate degrees in the Department of Sport Science and Wellness Education: 555230BS/Physiological Sciences; 555231BS/Sport Coaching/Strength and Conditioning; 555232/Pre-Physical Therapy; 555233/Fitness Management; and Sport Studies: 555235BS/Coaching Education; and 555236BS/Sport Management

The following credit hour requirements apply to this degree: 60 minimum total credits; 16 credits in residence; the final 16 credits must be taken from the University of Akron.

Reference:

Bureau of Labor Statistics, U.S. Department of Labor, *Occupational Outlook Handbook*, 2016-2017 Edition, Fitness Training and Instructors, <http://bls.gov/ooh/personal-care-and-Service/fitness-trainers-and-instructors.htm>.