

# 267000 EXERCISE SCIENCE TECHNOLOGY

C E R			1ST YEAR				
			FALL SEMESTER	Online	Credit Hours	Prerequisites	
			3100:200	Human Anatomy and Physiology I		3	
			3100:201	Human Anatomy and Physiology Lab I		1	
			3300:111	English Composition I (Min. grade of C required)		3	Placement by advisor
			3750:100 3850:100	Introduction to Psychology or Introduction to Sociology		3	
			5550:100	Introduction to Sport Studies		3	
			5550:211	First Aid & CPR or First Aid & CPR Professional Rescuer		2	
					15 Total		
			SPRING SEMESTER				
			3100:202	Human Anatomy & Physiology II		3	3100:200
			3100:203	Human Anatomy & Physiology Lab II		1	
			5550:150	Concepts of Health & Fitness		3	
			5570:202	Stress Management		3	
			7600:105 7600:106	Introduction to Public Speaking or Effective Oral Communications		3	
					13 Total		
			SUMMER SEMESTER				
			5550:302	Physiology of Exercise and Lab (offered on Akron Campus <b>only</b> )		3	3100:200/201, 3100:202/203 (Min. grade of C required)
C E R			2ND YEAR				
			FALL SEMESTER	Online	Credit Hours	Prerequisites	
			3600:101 3600:120 3600:170	Introduction to Philosophy or Introduction to Ethics or 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		3	
					15 Total		
			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		3	Placement by advisor
					14 Total		
C = Completed E = Exempt R = Required						<b>TOTAL CREDITS - 60</b>	

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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 advisor.

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 advisor 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>.