WHAT’S YOUR NEXT STEP?

Make an appointment to visit our campus by calling 330.684.8980 or toll-free 1.800.221.8308, ext. 8980. During your visit, talk with one of our admissions counselors, or the program coordinator, about your opportunities and how to get started. You can begin the application process by following these easy steps:

❯❯ Complete an application form on our website at wayne.uakron.edu/admissions (nonrefundable fee required).
❯❯ Submit an official copy of your high school transcripts or GED.
❯❯ Take either the American College Test (ACT) or the Scholastic Aptitude Test (SAT). These tests are not required for students age 21 and older.
❯❯ Submit official transcripts from any other accredited college or university you have attended.

Fill out applications for scholarships, grants, and loans. Applications are available online or in the Student Services office. Request financial aid information early to ensure you receive the financial help you need.

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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 cardio-respiratory 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.


OPPORTUNITIES EXIST IN THE FOLLOWING AREAS:

❯ Fitness workers
❯ Fitness trainers and instructors
❯ Wellness coaches
❯ Fitness trainers
❯ Other fitness paraprofessional positions
❯ Commercial settings such as for-profit, commercially run, health-fitness facilities
❯ Community settings such as organizations and agencies with public parks and recreation agencies, schools and universities, hotels, country clubs, and residential health-fitness developments
❯ Corporate settings such as in-house, health-fitness facilities and services found in large and small businesses
❯ Clinical settings such as hospital-based health fitness facilities in areas of physical therapy, sports medicine, and cardiac rehabilitation

Annual mean wage of fitness trainers and instructors, Ohio, May 2015, was $24,130 - $32,110.


A CAREER IN EXERCISE SCIENCE TECHNOLOGY

The University of Akron
Wayne College
1901 Smucker Road, Orrville, OH 44667
wayne.uakron.edu

The University of Akron is an Equal Education & Employment Institution.
Choosing to pursue degrees in the Exercise Science field was a marvelous decision which allowed me to form friendships and contacts that have led to tremendous career opportunities. It is the outstanding instructors, who provide real life insight about their own careers and motivate their students to strive for excellence in and out of the classroom. Thanks to all of my current and former instructors I will obtain my Exercise Science Technology Associate Degree, pursue my Bachelor of Science Degree in Exercise Science, and then strive for my Master's Degree.

– Ms. Ayla Uhl, CPT

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

Wayne College is the only higher education institution offering two-year associate degree programs in exercise science in the Wayne, Holmes and Medina County region. The Exercise Science Technology program serves students by providing geographically-accessible career preparation in a medically-oriented field with growing employment opportunities. It also allows students to continue their education through the bachelor’s degree via a seamless transfer into The University of Akron’s Exercise Science program. Private and public institutions in the region benefit by having a pool of qualified (certified) fitness trainers and wellness coaches available to meet the needs of the growing preventative health care field, as well as candidates for physical therapy and other related health care professional preparation programs.

“Choosing to pursue degrees in the Exercise Science field was a marvelous decision which allowed me to form friendships and contacts that have led to tremendous career opportunities. It is the outstanding instructors, who provide real life insight about their own careers and motivate their students to strive for excellence in and out of the classroom. Thanks to all of my current and former instructors I will obtain my Exercise Science Technology Associate Degree, pursue my Bachelor of Science Degree in Exercise Science, and then strive for my Master’s Degree.”

– Ms. Ayla Uhl, CPT

The Exercise Science Technology Internship at The University of Akron Wayne College provides opportunities for students to obtain practical experience in a variety of locations. Hands-on experience integrates the student’s classroom conceptual learning with real-life experience. The focus of the internship is to:
❯❯ Develop experience with clinical competencies
❯❯ Apply knowledge, skills and abilities
❯❯ Prepare for professional practice.

The Exercise Science Technology Internship is practical work experience with certified and/or qualified personnel in a discipline or profession related to exercise science. The EST Internship/2670:250, is a required 3.00 credit course for students majoring in EST and consists of 120 hours. Prerequisites include, 32 credits, including 5550:201, 220, 330 and permission.

Graduates of the program will have preparation sufficient 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.