MONROE UNIVERSITY SCHOOL OF ALLIED HEALTH PROFESSIONS

EXERCISE SCIENCE

Degree Type: **Associate Degree**

Monroe's Exercise Science Associate Degree (AS) focuses on the scientific principles of physical activity, exercise physiology, and human performance. Students develop fundamental clinical skills to enhance community well-being while learning how to promote health, prevent injuries, and improve athletic performance. Coursework combines theoretical knowledge with practical applications, preparing graduates for diverse career opportunities in fitness centers, sports organizations, healthcare facilities, and community health programs. Students develop the expertise required to help clients achieve their health and fitness goals while contributing to better public health overall.

This 62-credit program can be completed in one-and-a-half years—just four semesters! Flexible study options are available.

DID YOU KNOW?

+ Students in the AS in Exercise Science program gain hands-on experience as interns through field placements in a variety of professional environments, plus on-the-job training in a career of their choice.
+ Monroe's School of Allied Health Professions provides hands-on learning in state-of-the-art clinical labs that simulate real-world settings.
+ A mutual benefit of the program is an opportunity to work directly with Monroe's student athletes.
+ The Bureau of Labor Statistics projects nearly 20% growth in Allied Health Professions through 2030, much faster than the average 4% growth rate for all occupations. During this same period, BLS projects 16% job growth in the field of exercise science and kinesiology.

POPULAR CAREER PATHS

Ignite your passion for fitness and wellness. Help others achieve their health goals and optimize performance by launching an exciting career as a wellness advocate!

+ **Personal Trainer**
+ **Fitness Instructor**
+ **Health Coach**
+ **Physical Therapy Assistant**
+ **Athletic Trainer**
+ **Athletic Director**
+ **Wellness Program Director**
+ **Recreation Director**

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STUDENTS DISCOVER THE SCIENCE BEHIND PEAK PHYSICAL ACHIEVEMENT WHILE MASTERING PRACTICAL SKILLS THAT EMPLOYERS DEMAND.

ASSOCIATE DEGREE

1ST YEAR			2ND YEAR
Semester 1	**Semester 2**	**Semester 3**	**Semester 4**
Introduction to Exercise Science	Foundations of Personal Fitness and Training	Analytical Thinking, Writing, and Research	Exercise Programming
Quantitative Reasoning	Principles of Kinesiology	Emergency and Medical Applications	Physical Conditioning and Nutrition for Athletes
College Writing and Critical Analysis	Introduction to Psychology	Prevention and Care of Athletic Injuries	Practicum in Exercise Science
Introduction to Community Health and Wellness	Fundamentals of Communication	Liberal Arts Elective	Electronic Spreadsheet Applications
Medical Terminology	Anatomy and Physiology I with Lab	Anatomy and Physiology II with Lab	Sports Psychology

Sciences and exercise science courses are offered in person during the week.