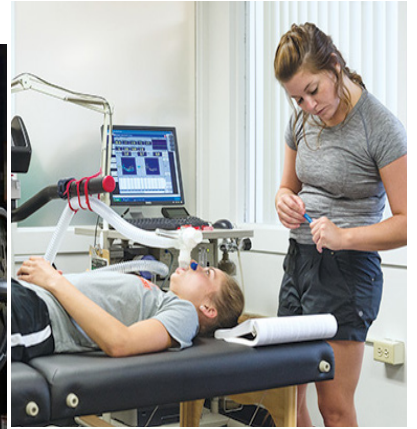


Exercise Science @ RIT

Exercise Science addresses issues of health, fitness and human performance. You can choose from two program tracks to develop the skills needed for professional practice.



CLINICAL TRACK

- Utilizing exercise to help people manage chronic health conditions
- Perform fitness assessments
- Design exercise prescriptions
- Implement therapeutic exercise programs for people with low fitness levels, high risk factors and/or chronic disease

ATHLETIC TRACK

- Improve, train and maintain athletes at all levels of fitness
- Design fitness plans
- Perform fitness assessments
- High demand for skilled strength and conditioning specialists

CAREER OPPORTUNITIES

The Bureau of Labor Statistics reported the median annual wage for Exercise Specialist in 2016 was \$47,340 with an upper level of \$74,330. Pay rate depends on practice area, education level, and location. Employment prospects are good with a projected growth rate 13% higher than average.

Exercise Specialists practice in diverse settings and work with people of all ages, cultures, educational, health and fitness levels.

Hospitals

Private practice

Research facilities

Health & fitness facilities

Medical clinics

Universities

Wellness programs

Athletic organizations

www.rit.edu/ExerciseScience

COLLEGE OF HEALTH SCIENCES AND TECHNOLOGY

PROFESSIONAL CERTIFICATIONS

Professional certification is an important part of the credentialing process for a growing number of healthcare fields, including exercise science. Completing your degree in Exercise Science with a clinical track focus helps prepare you for the American College of Sports Medicine (ACSM) Certified Clinical Exercise Physiologist exam. The athletic track helps prepare you for the National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist Exam (CSCS).

HANDS-ON EXPERIENCE

You have multiple opportunities to gain hands-on experience and to participate in exercise science research. This experience is highly valued by potential employers and graduate programs.



RIT FITNESS LAB

In this lab, you have opportunities to practice conducting exercise and movement analyses.

RIT TIGER DEN

The Varsity Gym offers practical experience working with athletes. You also have opportunities to work as a Strength and Conditioning Assistant.

RIT

College of
Health Sciences
and Technology

**Wegmans
School of
Health and
Nutrition**



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