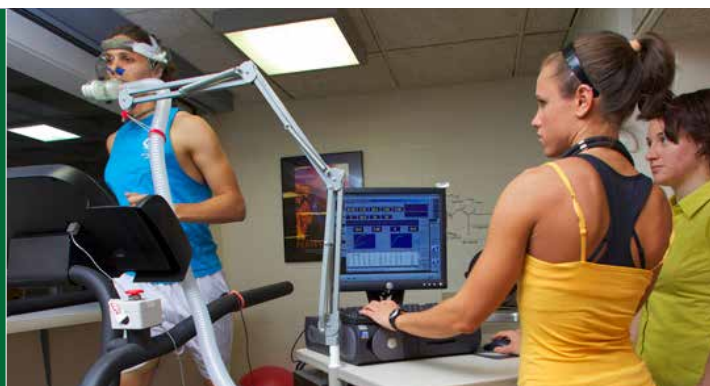


EXERCISE SCIENCE

Real Opportunities

The exercise and fitness industry has experienced dramatic growth over the past 20 years. The need for expertise in exercise science has grown into a discipline where specialization exists in a multidimensional sense.

Exercise science is the perfect major for individuals with a passion for healthy living. Graduates who study exercise science are involved in helping others and are filled with the knowledge and experience it takes to develop customized fitness programs and support for all types of wellness seekers.



Students at Parkside get hands-on experience conducting fitness assessments.

Your Parkside Experience

- 600 hours of hands-on industry experience
- Affordable tuition
- Small class sizes
- Work directly with professors and gain valuable laboratory experience
- Ability to hear from, meet, and network with successful alumni
- A focused curriculum with a choice of course concentrations that allows you to build skills you need for your field



Career Outlook



\$ MEDIAN PAY*

ATHLETIC TRAINER	\$42,690/yr
PERSONAL TRAINER	\$39,410/yr
STRENGTH COACH	\$40,000/yr
ADMIN SERVICE MANAGER	\$81,080/yr
MANAGEMENT CONSULTANT	\$78,600/yr

EXERCISE SCIENCE OCCUPATIONS
GROWTH PROJECTION 2012-2022

*2012, BUREAU OF LABOR STATISTICS AND
WWW.EXERCISE-SCIENCE-GUIDE.COM

Courses You'll Take

- Biomechanics
- Fitness Assessment and Prescription
- Fitness Program Management
- Scientific Principles of Strength and Conditioning
- Sport and Fitness Psychology
- Physiology of Exercise

Amazing Results

Graduates find employment in the fitness and sport industry with numerous types of organizations and settings including health and fitness centers, educational/university, corporate or community/public health, and hospital/clinical. Other graduates go on to professional or graduate school.

Careers include fitness facility director/manager, coach, personal trainer, group exercise instructor, cardiopulmonary rehabilitation, and strength and conditioning specialist.



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