



Exercise Science

Department: Math/Science

Degree: Associate of Applied Science (A.A.S.)

Entry time: Fall

Length: 2 years (4 semesters)

Program Description

Drive. Determination. Motivation. If these words reflect your commitment to fitness, nutrition and well-being, the Exercise Science program at Kirkwood is your chance to turn your passion into a career! Experienced, knowledgeable faculty will teach you everything you need to know about the field from nutrition to proper fitness practices. As a graduate you'll be able to help others live longer, healthier lives.

Career Opportunities

Fitness centers
Health clubs
Physical therapy clinics
Sports teams
Hospitals

Program Attributes:

Learn the latest concepts and techniques in exercise science.
State-of-the-art fitness and technology utilized in classroom.
Enthusiastic, expert faculty share knowledge physical and physiological adaptations to the environment and exercise.
Graduates can take the Certified Personal Trainer examination offered by various organizations.

Sample Classes

Nutrition
Human Anatomy and Physiology for Exercise Science
Fitness Programming and Design
Principles of Weight Training
Exercise Physiology
Personal Trainer Capstone
Techniques and Theory of Coaching
Athletic Injury Prevention
Fundamentals of Health Coaching
Introduction to Complementary and Alternative Medicine

Scholarships

We award more scholarships than any other community college in Iowa. Complete **one application** to be eligible. To apply visit: www.kirkwood.edu/scholarships.

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