

EXERCISE SCIENCE

Explore More About This Program: <https://cwi.edu/program/exercise-science>

Program Description

The Exercise Science Associate of Science degree is designed for students who are interested in careers in biomechanics, exercise physiology, personal training, physical therapy, and research. The goal of the Exercise Science program is to promote the exploration and application of knowledge of the human body and human movement to improve the quality of life for individuals and society as a whole.

Exercise Science courses will prepare students with fundamental skills in human anatomy, physiology, biology, health, motion analysis and training prescription. The curriculum emphasizes hands-on learning and direct application of knowledge to address real-world issues in areas such as motor learning, human health, and performance training. Upon completing the program students will be prepared to sit for the American College of Sports Medicine (ACSM) Certified Personal Trainer certification.

Completion of the program is designed to result in an Associate of Science degree and meets the general-education requirements at all Idaho public universities. Course selection should be coordinated to meet requirements for your intended transfer institution (if known).

Degrees and Certificates

- [Exercise Science - Associate of Science Degree \(AS\)](#)

Related Degrees and Certificates

- [Health Science and Public Health - Associate of Science Degree \(AS\)*](#)

**All requirements for this degree or certificate may be completed fully online.*