Exercise Science and Wellness

This program of study is designed primarily for students who plan to transfer to a four-year institution to pursue a baccalaureate degree in Physical Education for Teaching, Athletic Training, Exercise Physiology, Kinesiology, Health and Wellness, Physical Therapy or Nutritional Science. This program combines a broad foundation in the liberal arts and sciences with technical courses in the emerging and expanding field of Exercise Science. Graduates of the program will be encouraged to sit for the certification examination for fitness instructor or personal trainer given by an accredited certifying body thus providing a beginning credential for those who choose to seek employment as fitness instructors or personal trainers at local health clubs and fitness centers.

For more information, contact the Admissions Office at (845) 431-8010 or visit www.sunydutchess.edu/academics
The Associate in Science (A.S.) degree is awarded upon completion of the requirements for this program.

Upon successful completion of this program, students will be able to:

- Identify personal goals, and construct a workable individual plan for transfer and success to a four-year institution to pursue a major such as: Physical Education Teaching, Athletic Training, Exercise Physiology, Kinesiology, Health and Wellness, Physical Therapy, and Nutritional Science.
- Communicate introductory professional knowledge of the basic concepts, terminology and trends, as well as current issues within the exercise science field.
- Accurately interpret health status and risk stratification data and perform industry standard fitness assessments and exercise tests for individuals of all ages, fitness levels and special populations.
- Effectively demonstrate a variety of exercises and teach safe and correct use of exercise equipment and other health-related apparatus to individuals of all ages and fitness levels.
- Effectively design, implement, supervise and evaluate exercise prescriptions and exercise programs in accordance with individual’s needs, goals and assessment date results.
- Effectively educate, motivate and/or communicate with individuals to influence healthy lifestyle behavior modifications, which include the dimensions of wellness, occupational wellness and stress management.
- Perform safe, ethical and legal practices in a variety of health and fitness-related settings within the scope of practice.

Courses should be selected in consultation with an advisor.

The following microcredentials stack into the ESW Program: Personal Trainer Certification, Sports Nutrition Specialist Certification, and Strength Coach Certification.