Exercise Physiologists

**Job Description:** Assess, plan, or implement fitness programs that include physical activities such as those designed to improve body composition, muscular strength, or flexibility.

**What does an Exercise Physiologist do?**

* Develop exercise programs to improve participant strength, flexibility, endurance, or circulatory functioning
* Interpret exercise program participant data to evaluate process or identify needed program changes
* Prescribe individualized exercise programs, specifying equipment, such as treadmills or exercise bicycles
* Teach behavior modification classes related to topics such as stress management or weight control
* Demonstrate correct use of exercise equipment or performance of exercise routines
* Plan or conduct exercise physiology research projects

**Outlook:**

Average Salary - $23.05 hourly, $47,940 annually

Projected Job Openings – 1,500 in the next 10 years

**Your Interests:**

* Are you interested in health and fitness?
* Do you like helping others?
* Do you have good communication skills?

**Education/Program of Study:**

* Most entry level positions require a bachelor's degree
* Degree paths include health and fitness, health science, biology, anatomy, and other related fields