



# STEM Careers

## 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

### Your Interests:

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

### Outlook:

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

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

### 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

Sources:

<https://www.onetonline.org/link/summary/29-1128.00>