



# 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](http://www.kirkwood.edu/scholarships).

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Anyone who has questions or complaints should contact the vice president of human resources at Kirkwood Community College, 313 Kirkwood Hall, 6301 Kirkwood Blvd. SW, Cedar Rapids, IA 52404, or by phone at 319-398-5572, or the Director of the Office for Civil Rights, U.S. Department of Education, Citigroup Center, 500 W. Madison St., Suite 1475, Chicago, IL 60661-7204, Telephone: 312-730-1560, Fax: 312-730-1576, Email: OCR.Chicago@ed.gov.