

Exercise and Fitness

The Exercise and Fitness program prepares students with the knowledge and skills necessary to meet the diverse health and wellness needs of our population. Pursue a degree that focuses on training students for health-fitness and clinical careers related to exercise science and kinesiology. Students have opportunities to provide individuals and communities with the knowledge, tools, and motivation to engage in healthier lifestyles.

Be EXPERIENCE^D

We know that education is not always found in the classroom. Build a professional network and impact the exercise and fitness industry through internships with local and national fitness companies, corporate fitness and wellness providers, medically-based fitness centers, athletic departments, non-profit agencies, and more! This professional experience will complement your course work and career aspirations. Recent internship sites include:

- Mercy Healthplex
- UC Athletics
- TriHealth Fitness & Health Pavilion
- YMCA of Greater Cincinnati

#3 among the nation's elite institutions for co-op and internships (US News & World Report 2020)

Be INVEST^{ED}

Invest in yourself and your career. Before you graduate, you will build a resume that sets you apart, make connections that can help lead to job offers, learn what you like most about your field, and gain the confidence only experience provides. Work in a variety of settings, including:

- Corporate/Employee Wellness Programs
- Nonprofit Organizations
- Commercial and Private Fitness Facilities
- Schools and Universities

Upon graduation, students are qualified to sit for the American College of Sports Medicine Exercise Physiologist certification (ACSM-EP®). Additionally, many students choose to pursue the Certified Strength and Conditioning Specialist (CSCS®) through the National Strength and Conditioning Association (NSCA). Students may also opt to pursue nationally-accredited personal training, group fitness instructor, or health coaching certifications while in the program or after, as various preparation courses are offered throughout the curriculum.



\$48,800 average earnings for entry level college graduates (US Bureau of Labor Statistics, 2019)

4.24% Increase in demand in employment for this field over the next 10 years (US Bureau of Labor Statistics, 2019)



We offer over **400 student organizations** and clubs that support a variety of interests. **You're certain to find your niche.** The Health Promotion and Education program offers the following opportunities:

- CHAARG
- Eta Sigma Gamma (Honor Society)
- Various sport clubs

Get involved and take risks. You never know what opportunities may arise from taking chances.

Ready to Begin?

For more information about this program or to schedule a visit, please contact a representative:

Email: cechrecruit@uc.edu

Phone: (513) 556- 6308

Visit us online: cech.uc.edu