

Do you want to work in a clinical setting as a Clinical Exercise Physiologist helping at-risk or diseased people get healthier?

or

Do you want to work in the Health-Fitness Profession helping others achieve peak physical condition?



A degree in Exercise Science is the answer!

What is Exercise Science?

Exercise Science is the study of exercise and its effects on the anatomy and physiology of the human body. Through the use of evidence based exercise prescription, program outcomes may include disease prevention, treatment and rehabilitation of conditions, and improvement of athletic performance or physical function.

Where do Exercise Physiologists work?

Cardiac/Pulmonary Clinics
Corporate Wellness
Human/Sports Performance Centers
Physical Therapy Clinics
Personal Training
Group Fitness/Wellness Center
Assisted Living
Self-Employment
Strength & Conditioning Facilities

Who will I be working with?

Different client populations with a variety of conditions and/or diseases.

Some examples:

Diabetics	Children/Adolescents
Cancer Survivors	Older Adults
Obesity	Sedentary
Cardiovascular	Neurological Conditions
Orthopedic Injury	Pregnancy
Pulmonary Diseases	Athletes

I am interested in studying Exercise Science, what does CT State Community College Norwalk have to offer?

Exercise Science Career or Transfer Pathway
60 - 62 Credit Associate Degree Program

The Exercise Science Program is designated to provide fundamental and theoretical knowledge as well as practical skills necessary to assume the role of a health fitness professional in commercial and clinical settings. With an emphasis on exercise physiology and health, the program integrates cutting edge research with fundamental theories of learning and basic clinical skills. Graduates will be prepared for a career in health fitness and will receive an educational background that will provide opportunities for further education leading to careers in exercise physiology and allied health. Successful completion of the program leads to an Associates in Science Degree and prepares students to sit for National Certification Exams.

Are there any program prerequisites?

- High school diploma, GED or equivalent
- Submission of CT State Community College Application

What kind of courses will I take?

The program includes general and technical education courses. English, Math, and Psychology are some examples of general education requirements. Students will also study topics such as Exercise Physiology, Kinesiology, Anatomy and Physiology, Exercise Testing Program Design, Exercise Programming for Clinical Populations and Aspects of Strength and Conditioning through technical education courses.

What if I already have a personal training certification?

This program is appropriate for exercise professionals already working in the field. Courses can be taken to refresh knowledge, get up-to-date with new research findings and/or further education. Completed courses may be used as continuing education credits (CECs) depending on the certification renewal requirements of the certification agency.

Can I work and take classes at the same time?

There are many students currently enrolled in the program who are employed full time. CT State Community College Norwalk has a flexible course schedule that allows for morning, afternoon, evening and weekend classes as well as classes available online. Students have the option of enrolling as a full time or part time student each semester. Please keep in mind that if you are a part time student the program will take longer than two years to complete.

Can I transfer after completion of this program?

Transferring to a four year school is strongly recommended. There is currently articulation agreements with Southern Connecticut State University, Central Connecticut State University, Sacred Heart University, Quinnipiac University, and Springfield College. Many other four year schools in the New England area will accept transfer credits completed with a "C" or better from both general education requirements and technical education courses taken at CT State Community College Norwalk.*

**Accepted transfer credits will vary depending on the requirements and standards of the institution.*

Who do I contact for more information?

Dr. Paul Gallo, EdD, FACSM, ATC, CEP, EIM III, EPC, CSCS
Director of Exercise Science and Wellness
CT State Community College Norwalk
188 Richards Avenue, H011-A
Norwalk, CT 06854
(203) 857-7194
(203) 857-7098
pgallo@norwalk.edu

OR

Professor Nicole Mendola, MS, CEP, EIM III, EPC, GEI
Exercise Science Faculty
CT State Community College Norwalk
188 Richards Avenue, H011-B
Norwalk, CT 06854
(203) 857-7330
(203) 857-7098
nmendola@norwalk.edu

Or visit us on the web at

www.norwalk.edu OR www.ctstate.edu