

Which Program Is Best For My Career Goals?

IF YOU PLAN TO:	IF YOU PLAN TO:	IF YOU PLAN TO:	IF YOU PLAN TO:	IF YOU PLAN TO:	IF YOU PLAN TO:
<ul style="list-style-type: none"> • Become a physical education teacher • Work in the field of recreation or leisure • Become an athletic director 	<ul style="list-style-type: none"> • Become an athletic trainer or work in sports medicine • Work in a clinical setting working with patients • Become an exercise physiologist • Work as a fitness director/ coordinator • Become a strength and conditioning coach • Work towards becoming an occupational therapist 	<ul style="list-style-type: none"> • Become a health educator • Work as a health / wellness coach • Work as a director of wellness programs • Work as a health consultant • Work as a fitness director/ coordinator 	<ul style="list-style-type: none"> • Work independently as a personal trainer • Work at YMCA/health club • Be a personal trainer • Work in strength and conditioning • Become an exercise specialist / fitness instructor 	<ul style="list-style-type: none"> • Work in the field of health and wellness promotion • Motivate people toward optimal health in various public and private organizations • Organize health and wellness programs for corporate businesses 	<ul style="list-style-type: none"> • Coach in the NYS Public School system (interscholastic sports)
CHOOSE THE A.A. in Physical Education Studies	CHOOSE THE A.S. in Exercise Science	CHOOSE THE A.S. in Health & Wellness	CHOOSE THE Fitness Specialist Certificate	CHOOSE THE Worksite Health Promotion Certificate	CHOOSE THE Coaching Certificate
<p>This is a program meant for transferring into a physical education or kinesiology baccalaureate program.</p> <p>Top transfer schools are (but not limited to) SUNY Cortland, Brockport and Sage Colleges of Albany.</p>	<p>This is a program meant for transferring into an exercise science baccalaureate program.</p> <p>There is a capstone course (EXER 200) in this degree where students will have an opportunity to do an internship with a local fitness facility to gain hands on experience. Local sites include, but are not limited to; RPI, Siena, St. Peter's Cardiac Rehabilitation Center, Top Form, Vent Fitness, YMCA.</p>	<p>This is a program meant for transferring into a health and/or wellness baccalaureate program.</p> <p>The outlook for health and wellness is excellent, with jobs expected to grow at the faster-than-average rate through 2024, according to the Bureau of Labor Statistics.</p> <p>Students will be taught by a Certified Health Education Specialist (CHES).</p>	<p>This certificate is 25 credits and will prepare you for the work force. Opportunities will be entry-level jobs.</p> <p>This certificate is financial aid eligible.</p> <p>There is an opportunity to do an internship with a local fitness facility to gain hands on experience.</p> <p>Upon completion, graduates have obtained employment at Regeneration, YMCA, Corvino Performance, Top Form, Vent Fitness, to name a few.</p>	<p>This certificate is 24 credits.</p> <p>With proper planning this certificate can be completed entirely online. (One day on campus is required for the course HTLH 152.)</p> <p>This certificate offers expertise in worksite / corporate health, which can supplement an existing baccalaureate or associate degree.</p>	<p>This certificate is only 10 credits therefore it is not eligible for Financial Aid.</p> <p>This certificate can be obtained easily and simultaneously while working on your associate degree.</p> <p>In addition to the courses in the certificate, you will be required to complete two to three short workshops before you apply to New York State for certification.</p>



**Health,
Physical Education
and Exercise Studies
Department**