

Allied Health

Exercise Science Technology

As an exercise science technician, you will work with people of all ages to evaluate and improve their quality of fitness through the development of customized exercise programs. A student may earn a diploma or continue for an associate degree by completing additional courses. Graduates will be qualified to sit for various certifications as offered by the American Council on Exercise (ACE), National Strength and Conditioning Association (NSCA), and American College of Sports Medicine (ACSM) as a personal trainer, aerobic instructor, lifestyle and weight management counselor, and health fitness instructor.

You'll Learn

- Subject matter covered on ACE, NSCA and ACSM certification examinations
- To develop, implement and evaluate cardiovascular exercise programs
- To develop, implement and evaluate resistive exercise programs
- To schedule and administer standard exercise testing using appropriate equipment
- To conduct basic nutrition, weight control and stress counseling
- To design and implement wellness and health education programs for both general and special populations
- Additional knowledge, skills and abilities essential to your success on the job

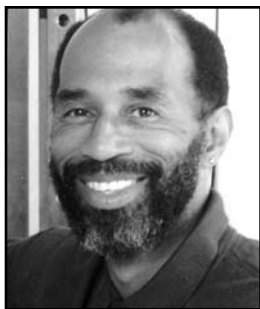
You'll Earn

- An excellent salary usually starting at \$24,000 per year or higher
- Strong status in the job market
- The option to advance your career through further education
- The opportunity for a flexible work schedule part- or full-time
- A choice of work environments including: corporate fitness, cardiac rehabilitation, geriatric fitness, health clubs, sports medicine programs, YMCA and YWCA, weight loss clinics, private fitness training and counseling, park and recreation departments, and related health agencies

You'll Succeed

- More than half of all new jobs require education beyond high school.
- Employees with degrees have better chances for promotion.
- Associate degree holders generally earn 30 percent more than high school graduates (according to the U.S. Department of Commerce, Census Bureau).
- ACE or ACSM certificate holders have better chances for employment in the field of exercise science.
- Many credits from an associate degree can be applied toward a bachelor's degree.

Get in, Get smart, Get going. . .



Delaware Tech operates on a semester system with new sessions in late August and mid-January, plus summer sessions beginning at the end of May and in mid-June. Non-technology courses may be taken on a part-time or full-time basis during any semester or the summer session. Some students may need refresher courses at the basic or pre-tech level; others may receive transfer credit for prior educational experiences. Counselors and advisors are available to help you schedule your courses.

Allied Health technology programs have a selective admission process which includes academic criteria of an algebra, biology and chemistry course at 2.0 or greater (high school or college) within the past five years and a GPA of 2.0 or greater. Technology courses are sequential, offered only one time per year and are only open to students who have been admitted into the technology program.

People interested in entering Exercise Science Technology must attend an Allied Health Information Session prior to initiating the process for admission into the technology. Information regarding these sessions may be obtained by calling (302) 888-5288. Visit the Allied Health Web site at www.dtcc.edu/wilmington/ah.

TECHNICAL COURSES

Introduction to Exercise Science presents an overview of scientific principles and methodologies of exercise and physical fitness. The emphasis is on physiological responses and adaptations to exercise. Coordinated laboratory experiments are an integral part of this course.

Functional Kinesiology presents a thorough review of skeletal-muscular anatomy, physiology, and kinesiology. The biomechanics of muscular actions during strength and cardiovascular exercises are examined.

Conditioning and Strength Training examines the principles of strength training, aerobic conditioning, flexibility, and stretching exercises and programs.

First Aid, Safety and CPR presents the National Safety Council's principles and guidelines for safety, CPR and first aid. Upon completion of the course, the student will be able to administer basic first aid and emergency care.

***Advanced Exercise Testing** presents 12 lead EKG interpretation and techniques for assessing cardiovascular fitness, flexibility, body composition, muscular strength, and pulmonary capacity. Safety guidelines and precautions are emphasized.

***Exercise Science Internship I and II** gives students the opportunity to enhance their training in supervised clinical settings.

***Fitness for Special Populations** presents appropriate exercise prescription and precautions for special populations. The pathophysiological basis of disease of various body systems is also considered.

***Health Fitness Instruction** presents individual and group exercise and fitness programs for both non-competitive and competitive athletics as recommended by the ACSM. Methods to assess, design and implement these programs are examined.

***Nutrition for Sport & Exercise** presents functions and sources of nutrients, energy balance and metabolism with an emphasis on health promotion and disease prevention. Supplements, weight control, myths and fallacies, evaluation of popular diets and dietary approaches for specific physical activity are examined.

***Wellness and Health Promotion** presents personal health management and behavior change techniques used for individual and group populations. Through case studies and small group learning, the students will analyze current lifestyles and propose safe and effective life style modifications to optimize health and wellness.

SUPPORT COURSES

Anatomy & Physiology I, II

College Math & Statistics

Composition

Nutrition

Oral Communications

*Sociology

*General Psychology

**Additional courses required for the associate degree program*

TO APPLY FOR ADMISSION TO THE COLLEGE

1. Obtain an admission application by calling (302) 888-5288. Admission applications are also available online at www.dtcc.edu/prospective. Complete and return the application to the Wilmington Campus with a \$10 fee.
2. Request that your high school and/or college transcripts be sent to the Admissions Office.
3. Arrange to take the Computerized Placement Test (CPT) *unless you have already completed college-level math and English courses with a "C" grade or better*. The CPT is administered by the Admissions Office (302) 454-3954 and is used to determine appropriate course placement.
4. Meet with a Delaware Tech counselor to discuss your CPT results and select your course schedule.
5. Remember to apply and register early for the best selection of courses.