

## Exercise Physiologist

### ■ Job Description

Exercise physiologists describe and explain the functional changes that occur during exercise. For example, they can predict the heart rate with various kinds of exercise, and the chemical and physical changes responsible for that rate. They may conduct research on oxygen uptake, muscle fatigue, muscle hypertrophy, body composition, and other phenomena. Exercise physiologists may also work with patients in the areas of cardiac or pulmonary rehabilitation.

### ■ Job Settings

Corporate and hospital based wellness programs, cardiopulmonary rehabilitation programs, health and fitness clubs, and colleges and universities

### ■ Projected Need

Demand for exercise physiologists is expected to remain strong as public interest in healthful living and exercise continues. Opportunities in areas of applied practice and research should be good for skilled physiologists with advanced degrees.

### ■ Salaries

Salaries for exercise physiologists with bachelor's degrees range from \$20,000 to \$25,000 per year. Those with a master's degree receive \$22,000 to \$32,000 annually. Exercise physiologists with doctoral degrees earn yearly salaries ranging from \$30,000 to \$60,000.

### ■ Differences in Training

Training includes a bachelor's degree with an emphasis and training in the area of exercise physiology. Many exercise physiology programs are housed within traditional physical education programs. For those interested in cardiac rehabilitation/corporate wellness, a master's degree is recommended.

### ■ Related Educational Programs

The programs of study listed below are the recommended areas of study to pursue for this occupation. Clicking on these will lead to files that

show in-state and national schools that offer these programs.

*The following link(s) will take you to CIS for more information. CIS requires an ID and password that can be obtained at <http://cis.ilworkinfo.com/loginhelp/>. You must log into CIS prior to clicking on the links below.*

### [Exercise Physiology](#)

### ■ Credentials

Certification is available through the American Society of Exercise Physiologists (ASEP). Certification requirements include completion of a bachelor's degree from an ASEP-approved or accredited college or university, 400 hours of laboratory experience and passage of both written and practical exams. Exercise physiologists who have achieved certification are required to obtain continuing education credits every five years to retain their credential.

### ■ Resources

American Society of Exercise Physiologists  
National Office  
College of St. Scholastica  
Department of Exercise Physiology  
1200 Kenwood Avenue  
Duluth, MN 55811  
(218) 723-6297  
<http://www.css.edu>