

# EXERCISE STUDIES



*"I am proud to be an Exercise Studies graduate from SUNY Orange. After transferring to a four-year university, I found myself well-prepared for my new classes. My new professors were impressed with my depth of knowledge in the subject material, and impressed that Exercise Studies is being taught at such a high academic level at a community college."*

*Dara Mason*

## Why Exercise Studies?

The ability to move is basic to human nature. Our culture, science, art and communication are interwoven with our ability to move. Exercise studies integrates several disciplines, including anatomy, biochemistry, epidemiology, molecular biology, physics, physiology and psychology. Current trends and lifestyle choices of modern living have created many employment opportunities for exercise professionals. Exercise studies offers diverse career choices including working in clinical settings, classroom teaching from elementary to college, and fitness and wellness opportunities in corporate or not-for-profit settings. Other career options are:

- Athletic director
- Athletic trainer
- Biochemist
- Clinical researcher
- Commercial wellness director
- Exercise physiologist
- Health practitioner
- Exercise physiologist
- Pharmaceutical salesperson
- Professor
- School health educator
- Sports agent
- Sports nutritionist
- Wellness coordinator

## Why Exercise Studies at SUNY Orange?

As a student in SUNY Orange's Exercise Studies program, you will enjoy small classes and receive individualized attention from faculty members who are passionate about health, wellness and the quality of your education. Affordable tuition rates also make SUNY Orange a logical choice. You will be given opportunities for "hands on" experience that will accentuate your classroom work. The academic foundation you establish here at SUNY Orange will prepare you for transfer to a four-year college or university.

## TOP 5 REASONS YOU SHOULD STUDY Exercise Studies AT SUNY ORANGE

- ⇒ Students are fully prepared academically to continue their education at a four-year institution.
- ⇒ A wide variety of course offerings allows students to pursue many areas within the field of exercise studies.
- ⇒ Our faculty members are accomplished educators and highly qualified health and fitness professionals.
- ⇒ Students are able to experience practical applications in quality labs and facilities.
- ⇒ Small class sizes allow students and faculty to work closely together.