

# > EXERCISE SCIENCE

## Ready to give your future a running start?

A rewarding and rigorous career focusing on the science of physical activity starts at Lethbridge College's Exercise Science program. Through courses in movement education, exercise program design and fitness assessment, you'll learn how to share your knowledge with others and be ready to step up to a successful career in the health and fitness industry.

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AFTER 1 YEAR YOU'LL BE ABLE TO GAIN YOUR FITNESS LEADER CERTIFICATION WITH THE ALBERTA FITNESS LEADERSHIP CERTIFICATION ASSOCIATION

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AFTER 2 YEARS YOU'LL BE READY TO WRITE THE GOLD STANDARD EXAM IN EXERCISE SCIENCE AND PERSONAL TRAINING: THE CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY - CERTIFIED PERSONAL TRAINER



## CAREER OPPORTUNITIES

- FITNESS CLUBS
- SPORTS TEAMS AND ORGANIZATIONS
- MEDICAL CLINICS
- SCHOOLS/OUTREACH PROGRAMS
- PHYSIOTHERAPY CLINICS

## 2 TRANSFER AGREEMENTS

WITH UNIVERSITIES IN LETHBRIDGE AND REGINA, IF YOU WANT TO CONTINUE YOUR EDUCATION

APPLY TODAY AT  
[lethbridgecollege.ca/exercisescience](http://lethbridgecollege.ca/exercisescience)

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- TWO-YEAR DIPLOMA
- SEPTEMBER ADMISSION
- ACCURATE AT TIME OF PRINTING

