

If you are interested in a career in the health and wellness field,
we have *great* news!

Three Rivers Community College is now offering an Exercise Science Associate's Degree.

The program is designed to provide a strong foundation in the area of exercise science as well as a broad background in general education.

For those students seeking an entry level position in health and fitness, the Exercise Science program prepares students for necessary industry certifications and the knowledge and motivation to continue as life-long learners in health and fitness. It's great preparation for a career as a:

- personal trainer
- physical educator
- fitness professional in medically-based health and wellness centers, health clubs or corporate fitness programs
- exercise psychologist
- recreation specialist
- strength and conditioning coach

For those students interested in furthering their education at a four-year institution, this program prepares students to transfer to an exercise science or other health-related program.

**Choose from
classes like *First
Aid & Sports Injury
and Intro to Fitness
& Training***



**Contact your TRCC advisor or
Heidi Zenie at 860.886.2865 or
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for more details.**

 **Three Rivers**
COMMUNITY COLLEGE

Your future is our mission

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