



**Introduction To Virtual Learning**

**HS Introduction to Health Services/  
Career Exploration: Exercise Physiologist**

**April 21, 2020**



Grade/Course

Lesson: Monday, April 21

**Objective/Learning Target:**

**Describe the activities, responsibilities and training for a career as an Exercise Physiologist**

## Warm Up Activity

The image shows the legs of a patient who has been in a serious accident. After the injuries have healed, she will need to re-learn how to ambulate.

- 1) What kind of healthcare professional might lead her in this process?
- 2) What kinds of activities or therapies might be needed to help her fully recover?



- 1) What kind of healthcare professional might lead her in this process? **Although several professions will come into play, exercise physiology is the one we will focus on today. Others include physical or occupational therapist, orthopedist and recreational therapist.**
- 2) What kinds of activities or therapies might be needed to help her fully recover? **Depending on her progress, she may need activities that help regain balance, strength and flexibility.**





## Note Taking Activity

Exercise physiology is the study of the body and how it reacts to various forms of exercise. This lesson will provide you plenty of information about this interesting health service career.

To begin, let's take a blank sheet of paper and something to write with. We will watch a [short video](#) over this career. As you watch the video, jot down a 1-2 sentence summary of the exercise physiologist career,



## Reading / Research Activity

Take a look at this [web page published by the US Bureau of Labor and Statistics.](#)

Look over the web page. It contains summaries of different topics covered elsewhere on the site. But for now, looking at the entry page, identify ONE fact or concept introduced on the page that surprises or concerns you- or that gives you a specific opinion of this career field.



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Clearly, there are no right or wrong answers to this activity. In the past, students have cited the pay and the fact that so many exercise physiologists are self employed.



Nets move to the next topic:

Take a look at the [What Exercise Physiologists Do](#) page.

On your paper, make a T-chart. Label the left side “what I like” and label the right half “what I don’t like”

Look over the What Exercise Physiologists Do page and list 3-4 pieces of information that stand out from the page. List them on the appropriate side of the T-chart on your paper.





Nets move to the next topic:

Take a look at the [Work Environment](#) page.

When you examine the various work environments, select 2-3 and write them in the appropriate column of your chart. Again, there are no right or wrong answers- this is an exploratory exercise!



Nets move to the next topic:

Take a look at the [How to Become One](#) page.

You will notice that this career commonly requires a Bachelor's Degree- which usually takes 3-4 years to earn. Write the term Bachelor's Degree in the appropriate column on your T-chart.



Nets move to the next topic:

Take a look at the [Pay](#) page.

On this page, take a look at the average salaries for exercise physiologists.

You may note that there is a range of salaries- which is determined by what kind of industry you work in. On your chart, be honest with yourself and write “pay” on the appropriate column on your t-chart.



## Closing Activity

Look over the T-chart and review what you have written. Is this still the a career choice you are interested in? If not, consider these similar careers...

- Athletic Trainers.
- Chiropractors.
- Fitness Trainers and Instructors.
- Nuclear Medicine Technologists.
- Occupational Therapists.
- Physical Therapists.
- Recreational Therapists.
- Respiratory Therapists.



Are you still interested? Check out these extra learning opportunities:

Finding an accredited Exercise Physiology degree program: [Check out this website](#)

CareerOneStop [video over Exercise Physiology](#)