Career Journal
Exercise Physiologist

Education & Training Required

- Someone wanting to become an exercise physiologist must obtain a completed degree in exercise physiology and/or has been certified by American Society of Exercise Physiologists (ASEP). This takes four to six years in school.

Responsibilities & Daily Activities

- Exercise physiologists administer stress tests in unhealthy & healthy populations, evaluate a person's overall health by focusing on the cardiovascular function & metabolism, and develop individualized exercise prescriptions to increase physical fitness, strength, endurance, & flexibility. They also design customized exercise programs to meet health care needs & athletic performance goals.

Salary Range

- The average annual salary is from $37,479 to $48,431. The occupational outlook is very good.

Documentation of Sources


Self-Reflection

- An exercise physiologist is related to what we are studying because they work with every part of the body in the long-run. I personally feel that this job is a great way to help people into a healthier lifestyle.