

Exercise Physiologist / Athletic Trainer



What do they do?

Exercise Physiologists create fitness and exercise programs to help patients recover from chronic diseases and improve overall physical health of their patients.

Athletic Trainers work with people of all ages to prevent, diagnose and treat muscle and bone injuries or illnesses. They work under the direction of a physician and other health providers.

Where do they work?

Exercise Physiologists work in hospitals, nursing homes and outpatient clinics. Athletic Trainers work in schools, colleges, and physicians offices. They may also work for sports teams or the military.

Pay:

According to the U.S. Bureau of Labor Statistics, the average yearly income for Exercise Physiologists is \$50,280 and for Athletic Trainers is \$49,860.



Education:

Both Exercise Physiologists and Athletic Trainers need to complete a four-year bachelor's degree, while some will go on to get a master's degree. Both education programs will have a clinical portion of training.

Exercise Physiologist programs in Wisconsin:

UW-Oshkosh (BS):

www.uwosh.edu/kinesiology

UW-Madison (MS):

www.kinesiology.education.wisc.edu

Athletic Trainer programs in Wisconsin:

UW-Madison: www.kinesiology.education.wisc.edu

High School students interested in becoming an Exercise Physiologist or Athletic Trainer should take courses in anatomy, physics and physiology.

Accreditation:

Education programs for Exercise Physiology are accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP).

www.caahep.org

Athletic Trainer programs are accredited by the Commission on Accreditation of Athletic Training Education (CAATE):

www.caate.net



Certification & License:

Graduates of an accredited Exercise Physiologist program can become certified through the American Society of Exercise Physiologists (ASEP) or the American College of Sports Medicine (ACSM).

Exercise Physiologist Certified (EPC):

www.asep.org

Registered Clinical Exercise Physiologist (RCEP):

www.ascm.org

Athletic Trainers must meet the requirements of the National Athletic Trainers Association Board of Certification (BOCATC) before they can become licensed in the state of Wisconsin through the Wisconsin Department of Safety and Professional Services.

www.bocatc.org

www.dsps.wi.gov



Professional Associations:

Exercise Physiologists can join the Clinical Exercise Physiology Association:

www.ascm-cepa.org

Athletic Trainers can join the National Athletic Trainers' Association:

www.wpta.org



Job Outlook:

According to the U.S. Bureau of Labor Statistics, employment for Exercise Physiologists is expected to grow 13 percent (faster than average) and Athletic Trainers is expected to grow 23 percent (much faster than average) between 2020-2030.

Bureau of Labor Statistics, U.S. Department of Labor, *Occupational Outlook Handbook, 2017-18 Edition*, Exercise Physiologist/ Athletic Trainer, www.bls.gov/ooh/healthcare/athletic-trainers-and-exercise-physiologists.htm (visited September 08, 2021).

