



Sports Performance | Education
Economic Development

Exercise Physiologist – Hospital/Clinical Path

Entry-Level: Fellowship/Internship

These roles are designed for students or recent graduates seeking hands-on clinical/practical experience with an exercise physiologist. Interns assist in operating equipment/technology and help with performance monitoring.

- Job Responsibilities – Assist with patient preparation and monitoring during testing; maintain performance technology (e.g., metabolic analysis systems, body composition analyzers, etc.); perform fitness evaluations; and collaborate with clinical staff.
- Education – Bachelor's degree or currently enrolled in an accredited program in exercise science, exercise physiology, kinesiology, or related field required.
- License/Certifications – CPR, AED, First Aid, & Nationally accredited fitness certification preferred.
- Preferred Experience – Familiarity with metabolic analysis systems, body composition analyzers, EKG systems, exercise testing protocols, and experience working with patients in the clinical setting.

Mid-Level: Exercise Physiologist

These roles encompass civilian and contractor government positions where exercise physiologists independently manage exercise programs, utilize medical equipment, and performance tests to maintain or improve patients' health through exercise. Works with patients that are typically healthy or have mild health conditions. This position typically requires academic qualifications and 1+ years of clinical cardiac rehabilitation experience.

- Job Responsibilities – Analyze medical history for health risks, conduct performance evaluations; operate medical equipment (e.g., blood pressure, pulse oximetry, EKG, etc.); and create individualized exercise programs to maintain or improve patients' health.
- Education – Bachelor's degree in an accredited program in exercise science, exercise physiology, kinesiology, or related field required. Master's degree preferred.
- License/Certifications – Certification through either accreditation, ACSM or ASEP for EP, basic life support (BLS) or advanced cardiovascular life support (ACLS) as these include CPR/AED. EKG certification preferred.
- Preferred Experience – 1+ years of cardiac rehabilitation experience. Experience with metabolic analysis systems, body composition analyzers, EKG systems, and exercise testing protocols.

Mid-Level: Clinical Exercise Physiologist

These roles are similar to exercise physiologists as they independently manage exercise programs, utilize medical equipment, and performance tests to maintain or improve patients' health through exercise. Additionally, clinical exercise physiologist specializes in designing and creating exercise programs for patients with but not limited to cardiovascular, pulmonary, metabolic, neuromuscular, and chronic musculoskeletal diseases. This position typically requires academic qualifications and 1+ years of clinical cardiac rehabilitation experience.

- Job Responsibilities – Analyze medical history for health risks, conduct performance evaluations; operate medical equipment (e.g., blood pressure, pulse oximetry, EKG, etc.); and create individualized exercise programs to maintain or improve patients' health.
- Education – Bachelor's degree in an accredited program in exercise science, exercise physiology, kinesiology, or related field required with 1,200 hours of hands-on clinical experience. OR Master's degree in an accredited program in exercise science, exercise physiology, kinesiology, or related field required with 600 hours of hands-on clinical experience.
- License/Certifications – Certification through ACSM for CEP, basic life support (BLS) or advanced cardiovascular life support (ACLS) as these include CPR/AED. EKG certification preferred.
- Preferred Experience – 1+ years of cardiac rehabilitation experience. Experience with metabolic analysis systems, body composition analyzers, EKG systems, and exercise testing protocols.

Elite-Level: Senior/Lead/Director

This is a senior clinical and research leadership role responsible for overseeing exercise programs to enhance patients' health and rehabilitation processes. This position typically requires advanced academic qualifications and 5+ years of applied research and leadership experience.

- Job Responsibilities – Analyze medical history for health risks, conduct performance evaluations; operate medical equipment (e.g., blood pressure, pulse oximetry, EKG, etc.); and create individualized exercise programs to maintain or improve patients' health.
- Education – Master's degree in an accredited program in exercise science, exercise physiology, kinesiology, or related field required with 600 hours of hands-on clinical experience.
- License/Certifications – Certification through ACSM for CEP, basic life support (BLS) or advanced cardiovascular life support (ACLS) as these include CPR/AED. EKG certification preferred.
- Preferred Experience – 5+ years of cardiac rehabilitation experience. Experience in leadership or supervisory role in the clinical setting preferred to 1+ years. Experience with metabolic analysis systems, body composition analyzers, EKG systems, and exercise testing protocols.