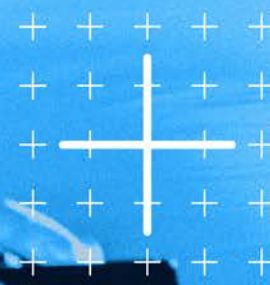




LIONEL
UNIVERSITY



**STUDY WHAT
YOU LOVE.
IMPACT YOUR
WORLD.**



LIONEL UNIVERSITY DEGREE PROGRAMS AT A GLANCE

Lionel University is a 100% online, nationally accredited institution designed to give you the knowledge you need to make a lasting and meaningful impact on the lives of others.



FEDERAL AID, TUITION ASSISTANCE, AND GI BILL® BENEFITS AVAILABLE

Federal student aid is available for eligible students. Additionally, active duty military, military spouses, and veterans can use their TA, CA, MyCAA, and GI Bill® benefits for program tuition.



100% ONLINE AND FLEXIBLE

Our 100% online curriculum is built to flex with your busy schedule. With classes starting almost every month, the Lionel empowers you to complete your education on your timeline.



ACTION-ORIENTED CURRICULUM BUILT BY FITNESS PROFESSIONALS

Our curriculum is developed and honed by seasoned fitness professionals with decades of experience, and taught by a team of engaging faculty committed to helping you succeed in your career of choice.



RIGOROUS ACCREDITATION

Our institution is proud to be accredited by the Distance Education Accrediting Commission (DEAC). DEAC is listed by the U.S. Department of Education as a recognized accrediting agency and recognized by the Council for Higher Education



FAST AND EASY TO GET STARTED

\$0 to apply. No SAT/ACT scores required. Up to 2/3 of the degree requirements can be fulfilled through transfer credit, and evaluations are completed at no cost.

67,000

PROJECTED JOB OPENINGS FOR FITNESS TRAINERS AND INSTRUCTORS THROUGH THE YEAR 2028 *

A GROWING NEED FOR AGENTS OF CHANGE

Close to half of the adult US population is predicted to be clinically obese by 2030 **, according to a new study led by Harvard T.H. Chan School of Public Health. The U.S. fitness and wellness industry is worth \$30 billion annually, and it grows every year ***. Your studies at Lionel will immerse you in science-backed principles of fitness, health and wellness for you, your family, your neighbors, and your community. Your degree in Exercise Science will give you the knowledge and skills needed to meet the country in the areas of its greatest need.

50% OF THE US POPULATION WILL BE CLINICALLY OBESE BY 2030 **

* <https://www.onetonline.org/link/summary/39-9031.00#JobOpenings>

** <https://www.hsph.harvard.edu/news/press-releases/half-of-us-to-have-obesity-by-2030>

*** <https://www.forbes.com/sites/benmidgley/2018/09/26/the-six-reasons-the-fitness-industry-is-booming>

GI Bill® is a registered trademark of the U.S. Department of Veterans Affairs (VA). More information about education benefits offered by VA is available at the official U.S. government Web site at <https://www.benefits.va.gov/gibill>.

IMPACT OPPORTUNITIES FOR GRADUATES

- Business Owner (Health/Physical training)
- Health club/Gym Manager
- Community Wellness Advocate
- Nutrition Coach
- Health Coach
- Master Trainer
- Strength and Conditioning Coach
- Corporate Wellness
- Exercise Physiologist
- Clinical Exercise Specialist
- Community Wellness Advocate
- Informed Parent / Friend / Family Member

CREATING A STRONGER, HEALTHIER WORLD™

Lionel believes that the health and fitness of our society can be significantly improved by our students' success as health, sports and fitness professionals. Our efforts to stem the tide of poor health and physical decline are multiplied exponentially as our graduates disseminate the institution's principles and methods to their clients, peers and associates. Our mission is to inspire each and every student to positively impact the quality of life of each individual with whom they come in contact.

As a distance education institution and industry leader, we are unconditionally committed to providing the highest quality distance education programs available, advancing our industry as a whole, and developing greater access to career opportunities for those who share our vision of Creating a Stronger, Healthier World™.

DEAC ACCREDITED

Proud to be accredited by the Distance Education Accrediting Commission (DEAC). DEAC is listed by the U.S. Department of Education as a recognized accrediting agency and recognized by the Council for Higher Education Accreditation (CHEA). We chose DEAC to assure our students that our institution:

- Provides the quality of education that we claim
- Advertises our programs truthfully
- Operates on a sound financial basis
- Has approved programs of study, qualified instructors, adequate facilities and equipment
- Has implemented truthful recruitment and admission policies



“
I began my journey with Lionel by pursuing the Master Trainer Certificate but decided to continue my education and earn my Associate's Degree. After graduation, I was given the opportunity to instruct at the Force Fitness Readiness Center where we train new Force Fitness Instructors for the Marine Corps. I couldn't have done without my education from Lionel.

-Hayden Jolly



A CURRICULUM DESIGNED TO HELP YOU **MAKE AN IMPACT**

The degree program is structured so that you earn personal training and fitness certifications as you go through the program. Depending on your degree plan, you could qualify for your first personal training certification within the first 10 weeks! This provides you with the opportunity to get a job in the fitness industry before you've even earned your degree. However, we know that you don't just want an entry-level job in the fitness industry — you want a career! This is why earning your degree in exercise science is so important. A degree in exercise science allows you to turn your job in the fitness industry into a career!



1 ON 1 SUPPORT

Each student is assigned a personal advisor who is available to answer questions, provide support, and guide your progress through the program. Instructors engage from day one, hold regular office hours via the online classroom, and provide individual in-depth feedback.



100% ONLINE

Your online classroom connects you with world-class instructors and committed classmates that share your passion for wellness, all from the comfort of home. You'll participate in online, collaborative learning with other students, view multimedia presentations, and engage in ongoing forum discussions with instructors and students.



EARN CERTIFICATIONS

The degree program is structured so that you earn personal training and fitness certifications* as you progress. Depending on your degree plan, you could qualify for your first personal training certification within the first 10 weeks.

*Certification is issued by a separate organization, ISSA LLC.



\$0 FOR TEXTBOOKS

Your online classroom connects you with world-class instructors and committed classmates that share your passion for wellness, all from the comfort of home. You'll participate in online, collaborative learning with other students, view multimedia presentations, and engage in ongoing forum discussions with instructors and students.

ENROLLMENT CALENDAR AND ACADEMIC TERM

With classes starting almost every month, Lionel empowers you to complete your education at a pace that fits your busy life. Academic terms are measured in quarters with each term lasting 10 weeks. Quarters are broken up into two, 5-week sessions, with some classes lasting 10 weeks and some lasting 5 weeks. A total of 18 credits can be taken per quarter. Classes range from 1 to 5 credits depending on length and curriculum.



ASSOCIATE IN EXERCISE SCIENCE

The Associate of Science in Exercise Science degree program grounds you in the fundamentals of personal training by exposing you to both the theories and practices of this dynamic field. The program features courses on trainer-relevant topics, including anatomy and physiology, assessment, program design, special populations, entrepreneurship, management, interpersonal relations, and communication. Graduates with an AS in Exercise Science work as Master Trainers in health clubs and fitness centers, run their own training businesses, or pursue bachelor's or other advanced degrees in Exercise Science, Kinesiology, Health and Wellness, Physical Education, Athletic Training, Nutritional Science, or Sports Management.

BACHELOR IN EXERCISE SCIENCE

Building on the foundation of the associate degree curriculum, the Bachelor of Science in Exercise Science degree program pushes student knowledge further with an in-depth focus on kinesiology, physiology, biomechanics, nutrition, exercise programming, and management. Graduates with a bachelor's degree work as trainers and strength coaches, as managers and directors in corporate wellness, and in the healthcare industry as exercise physiologists and clinical exercise specialists.

Furthermore, graduates of the bachelor's program are prepared for post-baccalaureate study in areas such as athletic training, biomechanics, chiropractics, exercise physiology, kinesiology, nutrition, sports management, sport psychology and more. In addition to earning a degree, graduates of the bachelor degree program can earn up to eleven fitness certifications and two advanced certifications.

MASTER'S IN EXERCISE SCIENCE

The Master of Science in Exercise Science program is designed to advance the skills and knowledge of current and future exercise science professionals. As a student, you'll take a scientific core of courses that provide a complete understanding of how exercise impacts human physiology. After completing the core, you can choose one of three concentrations to develop practical knowledge:

- ➔ **Strength and Conditioning:** This concentration prepares students for careers focused on strength and conditioning, personal training, or sports performance. Students gain the knowledge and skills to apply advanced exercise assessment and prescription, coaching methodologies, and dietary analysis.
- ➔ **Fitness Leadership:** This concentration prepares students for management and leadership careers in the health, wellness, and fitness industries. Students develop knowledge and skills to apply best business practices and foster leadership development.
- ➔ **Clinical, Corporate, and Community Wellness:** This concentration prepares students for careers in a variety of clinical, corporate, and community wellness sectors. Students develop knowledge and skills to effectively examine the relationship between individual and community behaviors and overall health so that they then have the ability to develop programs to improve community wellness.



FINANCIAL AID AVAILABLE FOR ELIGIBLE STUDENTS

Accredited by an agency that is recognized by the US Department of Education, Lionel is approved to receive funding from the sources below. Students are also encouraged to apply for scholarships from corporations and private organizations.

- Federal student aid
- Military Tuition Assistance (TA)
- Military Credentialing Assistance (CA)
- GI Bill® Benefits
- MyCAA*



* MyCAA can be applied toward the associate degree program.
GI Bill® is a registered trademark of the U.S. Department of Veterans Affairs (VA).
More information about education benefits offered by VA is available at the official U.S. government Web site at <https://www.benefits.va.gov/gibill>.

ALREADY HAVE COLLEGE CREDIT? SAVE MONEY, ACCELERATE YOUR PROGRAM.

If you have prior college credit, it is our goal to validate the hard work you've completed and help accelerate your program. Lionel University will work with you to accept as many credits as possible and offers a \$0 transfer credit evaluation to determine which of your existing credits will carry over.

“

I used to dread getting up and going to my boring office job, which I did for 19 years. Now I wake up and can't wait to get to the gym. It's not like a job, it's fun and I love it. Thank you to Lionel for helping me turn my professional career into something I love.

-Trish Bunnell



STACKABLE PROGRAMS DESIGNED TO FIT YOUR LIFESTYLE

Designed exclusively for the fitness industry, Lionel programs are built for expansion. The Master Trainer Certificate program is built into the Associate Degree, and the Associate Degree is the foundation for the Bachelor's Degree. Design your life the way you want it.

MASTER TRAINER CERTIFICATE

6 COURSES

30 TOTAL CREDITS

Complete in as little as 6 months

Personal Training

Nutrition

Strength & Conditioning
*or other specialization

Group Fitness
*or other specialization

Corrective Exercise
*or other specialization

Transformation Specialist
*or other specialization

ASSOCIATE DEGREE PROGRAM

30 CORE CREDITS

30 GENERAL CREDITS

30 ELECTIVE CREDITS

Complete in as little as 18 months*

Master Trainer Certificate



30 GE Credits

30 Elective Credits

*faster with transfer credits

BACHELOR'S DEGREE PROGRAM

75 CORE CREDITS

45 GENERAL CREDITS

60 ELECTIVE CREDITS

Complete in as little as 36 months*

Associate Degree



45 Upper Level Core Credits

15 Upper Level GE Credits

30 Upper Level Elective Credits

*faster with transfer credits



Master Trainer Certificate				
	Course	Course #	Credit Value	
Certificate courses	Certified Fitness Trainer	PTR251	5	Must be completed through ISSA CES Choose 5
	Specialist in Fitness Nutrition	PTR259	5	
	Transformation Specialist	PTR261	5	
	Bodybuilding Specialist	PTR260	5	
	Corrective Exercise Specialist	PTR258	5	
	Specialist in Exercise Therapy	PTR253	5	
	Specialist in Group Fitness	PTR257	5	
	Specialist in Strength and Conditioning	PTR255	5	
	Specialist in Senior Fitness	PTR256	5	
	Specialist in Sports Nutrition	PTR252	5	
	Youth Fitness Trainer	PTR254	5	

Associate Degree Courses				
	Course	Course #	Credit Value	
General Education: 30 credits	Anatomy and Physiology	BIO105	5	Can transfer in, subject to Registrar approval
	English Composition	ENG110	5	
	US History	HIST102	5	
	College Math	MATH102	5	
	General Psychology	PSY102	5	
	Introduction to Sociology	SOC101	5	
Core: 30 credits	Certified Fitness Trainer	PTR251	5	Must be completed through ISSA CES Choose 5. Others count as electives.
	Specialist in Fitness Nutrition	PTR259	5	
	Transformation Specialist	PTR261	5	
	Bodybuilding Specialist	PTR260	5	
	Corrective Exercise Specialist	PTR258	5	
	Specialist in Exercise Therapy	PTR253	5	
	Specialist in Group Fitness	PTR257	5	
	Specialist in Strength and Conditioning	PTR255	5	
	Specialist in Senior Fitness	PTR256	5	
	Youth Fitness Trainer	PTR254	5	
Business, Communications, and Career Electives	Introduction to Marketing	BUS115	4	Can transfer in, subject to Registrar approval
	Motivating for Performance	BUS117	5	
	Business and Management Principles	BUS204	4	
	Entrepreneurship	BUS207	4	
	Business Ethics and Law	BUS210	4	
	Effective Communication	COMM102	5	
	Interpersonal Relations	COMM121	3	
	Business Communications	COMM161	2	
	Customer Service Principles	COMM203	3	
	Medical Terminology	HIT135	3	
	Personal Development	PD102	2	
	Professional and Career Development	PD103	2	

Bachelor Degree Courses				
	Course	Course #	Credit Value	
General Education: 45 credits	Anatomy and Physiology	BIO105	5	Can transfer in, subject to Registrar approval
	Introduction to Chemistry	CHEM305	5	
	English Composition	ENG110	5	
	US History	HIST102	5	
	History of Sport	HIST303	5	
	College Math	MATH102	5	
	Statistics	MATH303	5	
	General Psychology	PSY102	5	
	Introduction to Sociology	SOC101	5	
Core: 75 credits	Certified Fitness Trainer	PTR251	5	Can transfer in, subject to Registrar approval
	Principles of Kinesiology	PTR371	5	
	Contemporary Issues in Fitness	PTR372	5	
	Psychology of Exercise	PTR374	5	
	Business Aspects of Fitness	PTR375	5	
	Research Methods in Kinesiology	PTR376	5	
	Principles of Biomechanics	PTR481	5	
	Physiology of Exercise	PTR482	5	
	Ethics and Management in Fitness Management	PTR483	5	
	Externship	PTR499A	1	
	Externship	PTR499B	1	
	Externship	PTR499C	1	
Core or Elective	Externship	PTR499D	2	Completed through ISSA CES Choose 5. Others count as electives.
	Youth Fitness Trainer	PTR254	5	
	Specialist in Strength and Conditioning	PTR255	5	
	Specialist in Group Fitness	PTR257	5	
	Corrective Exercise Specialist	PTR258	5	
	Specialist in Sports Nutrition	PTR252	5	
	Bodybuilding Specialist	PTR260	5	
	Transformation Specialist	PTR261	5	
	Specialist in Senior Fitness	PTR256	5	
	Specialist in Fitness Nutrition	PTR259	5	
	Introduction to Marketing	BUS115	4	
	Motivating for Performance	BUS117	5	
Business, Communications, and Career Electives	Business and Management Principles	BUS204	4	Can transfer in, subject to Registrar approval
	Entrepreneurship	BUS207	4	
	Business Ethics and Law	BUS210	4	
	Tactical and Strategic Marketing	BUS305	4	
	Effective Communication	COMM102	5	
	Interpersonal Relations	COMM121	3	
	Business Communications	COMM161	2	
	Customer Service Principles	COMM203	3	
	Medical Terminology	HIT135	3	
	Personal Development	PD102	2	
	Professional and Career Development	PD103	2	
	Professional Leadership Techniques and Methods	PD304	4	

MASTER'S DEGREE COURSES				
	Course	Course #	Credit Value	
Core: 20 credits	Contemporary Issues in Exercise Science	EXSC501	5	Required
	Data Analysis in Exercise Science	EXSC502	5	
	Advanced Exercise Physiology	EXSC503	5	
	Motor Learning	EXSC504	5	
Concentration: 20 credits all 20 credits come from your one chosen concentration	Exercise Assessment and Prescription	SC501	5	Strength and Conditioning
	Advanced Strength and Conditioning	SC502	5	
	Advanced Topics in Fitness Nutrition	SC503	5	
	Contemporary Coaching Methods	SC504	5	
	Leadership and Professional Development	FL501	5	Fitness Leadership
	Advanced Business Aspects of Fitness	FL502	5	
	Professional Communication	FL503	5	
	Ecommerce and Internet Presence	FL504	5	
	Industrial, Clinical, and Corporate Wellness	CCCW501	5	Clinical, Corporate, Community
	Physical Fitness and Epidemiology	CCCW502	5	
	Organization and Development of School and Community Physical Activity Programs	CCCW503	5	
	Obesity Prevention and Management	CCCW504	5	
Capstone: 5 credits	Research Project	EXSC599	5	Required



LIONEL
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**INVEST IN YOURSELF
AND EXPAND YOUR
CREDENTIALS
WITH A DEGREE IN
EXERCISE SCIENCE**

CALL [1.800.650.4772](tel:18006504772) TO SPEAK WITH AN ENROLLMENT ADVISOR AND LEARN MORE ABOUT OUR ONLINE DEGREE PROGRAMS, OR VISIT US ONLINE AT [LIONEL.EDU](https://lionel.edu)

Lionel University | Carpinteria, CA 93013

