Exercise Science

The exercise science program is a science-based undergraduate curriculum designed to provide a background in the exercise sciences for those students who wish to further their education at the graduate level. Special emphasis is placed upon the primary disciplines of anatomy, biomechanics, exercise physiology, sport psychology, and motor learning. Other required curricular areas include chemistry, math, physics, physiology, and psychology.

Skills & Knowledge Developed in this Field of Study

This major encourages skill development in the area of personal fitness and a broad background knowledge in the sciences which serve as prerequisites for entry into science-based graduate programs.

Careers Specific to the Bachelor's Degree

This degree is basic to careers in such fields as adult fitness, corporate fitness, athletic training, cardiac rehabilitation and is prerequisite to the necessary post-graduate study or additional certification requirements for the field. Students wishing to enter the job market with a BS degree in exercise science may be prepared for entry level positions with corporate and community fitness programs, health clubs, YMCAs and similar fitness related organizations.

Other Career Possibilities with a Bachelor's Degree

Positions in sales or marketing of medical, fitness, and sports related equipment may be appropriate for students with this degree.

Careers that Normally Require a Graduate Degree

Career areas that require a graduate degree include adapted physical education, clinical exercise physiology, preventive rehabilitative exercise, biomechanics, motor control and development, sports psychology, medicine, dentistry, podiatry, optometry, chiropractic, physical therapy and occupational therapy.

Job Outlook

Opportunities with a Master's degree include: Corporate exercise specialist, exercise or cardiac rehabilitation specialist in a clinic, laboratory technician in a clinic or hospital, clinical or corporate program developer, fitness specialist or director of fitness in a government, academic, clinical, or corporate setting, exercise physiologist at fitness and wellness centers, diagnostic centers, hospitals.