



EXERCISE SCIENCE

IF YOU ENJOY EXERCISE, HEALTH, AND HELPING OTHERS ACHIEVE A BETTER QUALITY OF LIFE, EXERCISE SCIENCE IS THE RIGHT MAJOR FOR YOU.

Ready for a fulfilling career in one of the country's fastest growing industries? Through hands-on experiments, research with faculty, and clinical experiences, you'll be well-equipped to work in the field or pursue an advanced degree.

WHAT WILL I STUDY?

Exercise science is the study of the body's response to exercise and requires an understanding of anatomy, biomechanics, and exercise physiology. By completing your **B.S. in Exercise Science**, you'll learn how to conduct exercise assessments, structure exercise programs, promote fitness, and enhance conditioning not only for those with health limitations but also for healthy people.

BUILD YOUR SKILLS AND YOUR RESUME

You'll have the opportunity to apply what you've learned during an internship. You can choose to work in a variety of settings ranging from sports performance training centers to clinical healthcare environments.



GET CERTIFIED

Our program is designed to prepare you to take national certification exams administered by the National Strength and Conditioning Association (NSCA) or the American College of Sports Medicine (ACSM) — two certifications highly desired by employers.





PUTTING THEORY TO WORK

Countless opportunities to get hands-on experience will allow you to:



BECOME AN EXPERT — Learn to use metabolic testing equipment, heart rate monitors, blood pressure equipment, body composition assessment tools such as the BODPOD chamber, motion analysis software, force plate analyzers, electromyography (EMG) sensors, cycle ergometers and sports performance testing equipment.



LAND A JOB — Your classroom and internship experiences will prepare you to pursue jobs in cardiac rehabilitation, strength and conditioning, personal training, fitness center management, worksite wellness, and health promotion.



GET ACCEPTED — You can also choose to advance your studies. Our students have gone on to pursue professional degrees in athletic training, physical therapy, occupational therapy, cardiac rehabilitation, kinesiology, physician assistant, orthotics, prosthetics, public health, and other allied health professions.



“Through all the hands-on experiences — from the fitness lab to Strength and Conditioning conferences — I’m able to apply what I learned to assist others in becoming bigger, faster, stronger, and healthier!”

— **Preston Ficquette,**
Strength and
Conditioning Coach,
Jumpstart Performance
Training