



EXERCISE AND SPORT SCIENCE

MAJOR FACT SHEET



If you want to pursue a career in physical health and wellness, or if you enjoy helping people achieve health and fitness goals, the Exercise and Sport Science program is for you.

While some graduates of this major pursue graduate programs, many jump right into the workforce. These graduates often work in non-licensure applications, such as fitness center management, personal training, corporate health, exercise instructor and more. If you want to prepare for a career in health, fitness or athletic related fields but aren't sure if you want to go on to a graduate program, Exercise and Sport Science will be a good fit for you.

EXERCISE AND SPORT SCIENCE FACTS

- Senior-level students can gain experience by serving as clinicians in the campus Healthy Titans program, providing 1:1 personal training sessions and teaching group fitness classes
- Students complete a 12-credit internship prior to graduation

AVERAGE ANNUAL STARTING SALARY

UWO Graduates*

\$39,020

National**

\$45,700

STUDENT ORGANIZATIONS

- **Kinesiology Club** – provides opportunities and information to kinesiology students at UW Oshkosh. Members will be provided with opportunities to improve their health, exercise and fitness, nutrition, wellness promotion, strength and conditioning, sports, exercise physiology, motor behavior and other science-based human movement studies. Networking with other students and professionals and education-based programs, workshops, speakers and conferences will be offered. Members can contribute to community service through healthy volunteer events.

FEATURED EMPLOYERS

Bellin Health, Titledown Sports Medicine & Orthopedics, Froedtert Medical Center, Xperience Fitness, Evergreen Retirement Community



CLASSES

- Human Physiology
- Applied Anatomy and Kinesiology
- Strength Training Techniques
- Motor Learning
- Biomechanics
- Behavioral Aspects of Kinesiology
- Physiology of Exercise
- Nutrition for Health and Performance
- Performance Assessment Techniques
- Administration and Facilities Management in Kinesiology

CHARACTERISTICS

- Positive and supportive
- Ability to teach and motivate
- Emotional intelligence
- Knowledgeable of industry
- Leadership abilities
- Good listening skills
- Adaptable

COMMON JOB TITLES

- Exercise Specialist
- Corporate Wellness
- Community Health and Wellness
- Group Exercise Instructor
- Personal Trainer
- Cardiac and Pulmonary Rehabilitation
- Exercise Physiologist

* Salary data from UWO 2021-2022 First Destination Outcomes report

** Salary data from NACE Class of 2021 Report