

EXERCISE AND SPORT SCIENCE

Human performance • Exercise physiology • Injury prevention



The exercise and sport science major blends science and active learning to prepare students for careers in fitness, health and wellness. Students explore how the body moves, functions and performs — gaining the skills to help others improve their physical health. Graduates work in personal training, coaching, strength and conditioning, cardiac rehabilitation and more.

MAJOR FACTS

- Accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP) upon recommendation of the Committee on Accreditation for the Exercise Sciences (CoAES)
- Meets standards required to sit for certification exams through the American College of Sports Medicine
- Curriculum, faculty and facilities are continually updated to meet industry needs

EXPERIENTIAL LEARNING

Students develop skills through labs, clinical courses and internships. The program includes a 3-credit clinical class where students train clients, plus a 12-credit internship that often leads to full-time employment. Many students secure internships and job offers before graduation, with a significant number going on to work in cardiac rehabilitation and related fields.

FEATURED EMPLOYERS



CLASSES

- Applied Anatomy and Kinesiology
- Physiology of Exercise
- Nutrition for Health and Performance
- Biomechanics
- Performance Assessment Techniques
- Medical Aspects of Kinesiology

SUCCESSFUL STUDENTS ARE:

- Active
- Positive
- Supportive
- Team-oriented

COMMON JOB TITLES

- Coach
- Personal Trainer
- Exercise Physiologist

STUDENT ORGANIZATIONS

Kinesiology Club

Offers events and resources to help students build skills, explore the field and promote healthy living through exercise and sport.



Learn more about majors and career opportunities.