The Exercise Science program prepares students for a broad range of health and fitness related professions through a curriculum that focuses on the applied sciences of exercise physiology, kinesiology, motor control, and the psychology of exercise behavior. The program ensures students are presented with the most contemporary issues and trends in the application of exercise for weight management, cardiopulmonary health, maintenance of functional movement throughout the lifespan, and the application of exercise science to athletic performance.

**OVERVIEW**

Students get **hands-on internship or practicum experience** before graduation.

Students learn from **experts** in the field of exercise science and have the opportunity to participate in cutting-edge research as a participant or an undergraduate researcher.

**Job outlook** projected to grow faster than average (23% PT/OT; 13% exercise physiologists; 10% fitness) from 2016-2026.

2018-19 **SNAPSHOT**

**758 ENROLLED STUDENTS**
- (up 24% over five years)
- 67% Female
- 34% From historically underrepresented groups

**184 DEGREES AWARDED**
- (up 48% over five years)
- 65% Female
- 30% From historically underrepresented groups

**CAREERS**

Graduates are needed across educational, fitness, health care and research settings:

- Group exercise instructor
- Cardiopulmonary rehabilitation specialist
- Health fitness supervisor
- Health promotion recruiter
- Biomechanist
- Sports nutritionist
- Fitness director or coordinator
- Exercise physiologist
- Occupational physiologist
- Personal trainer
- Physical/occupational therapist
- Researcher
- Professor
- Strength (sport) and conditioning coach

**Graduate programs**

- **4+1 Bachelor's/Master's in Exercise Science**
- M.S. in Exercise Science
- M.S. in Health Promotion
- Ph.D. in Health & Kinesiology

**2018-19 SNAPSHOT**

- **758 ENROLLED STUDENTS**
  - (up 24% over five years)
  - 67% Female
  - 34% From historically underrepresented groups

- **184 DEGREES AWARDED**
  - (up 48% over five years)
  - 65% Female
  - 30% From historically underrepresented groups

**Health Professions Advisors**

Connect with majors pursuing physical or occupational therapy school, as well as other health sciences.

**Students get in-field, volunteer opportunities that provide unique learning experiences beyond the classroom.**

**All students get in-field, volunteer opportunities that provide unique learning experiences beyond the classroom.**

**Students learn from experts in the field of exercise science and have the opportunity to participate in cutting-edge research as a participant or an undergraduate researcher.**

**Job outlook projected to grow faster than average (23% PT/OT; 13% exercise physiologists; 10% fitness) from 2016-2026.**

**Students get hands-on internship or practicum experience before graduation.**

**The Exercise Science program prepares students for a broad range of health and fitness related professions through a curriculum that focuses on the applied sciences of exercise physiology, kinesiology, motor control, and the psychology of exercise behavior. The program ensures students are presented with the most contemporary issues and trends in the application of exercise for weight management, cardiopulmonary health, maintenance of functional movement throughout the lifespan, and the application of exercise science to athletic performance.**

**OVERVIEW**

- **Group exercise instructor**
- **Cardiopulmonary rehabilitation specialist**
- **Health fitness supervisor**
- **Health promotion recruiter**
- **Biomechanist**
- **Sports nutritionist**
- **Fitness director or coordinator**
- **Exercise physiologist**
- **Occupational physiologist**
- **Personal trainer**
- **Physical/occupational therapist**
- **Researcher**
- **Professor**
- **Strength (sport) and conditioning coach**

**Health Professions Advisors**

Connect with majors pursuing physical or occupational therapy school, as well as other health sciences.

**Students get in-field, volunteer opportunities that provide unique learning experiences beyond the classroom.**

**Students learn from experts in the field of exercise science and have the opportunity to participate in cutting-edge research as a participant or an undergraduate researcher.**

**Job outlook projected to grow faster than average (23% PT/OT; 13% exercise physiologists; 10% fitness) from 2016-2026.**

**Students get hands-on internship or practicum experience before graduation.**