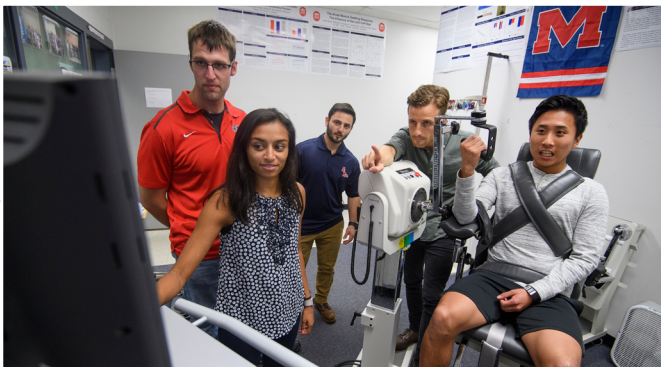


# We are the Change Makers.



THE UNIVERSITY of  
**MISSISSIPPI**  
SCHOOL OF APPLIED SCIENCES



## HEALTH, EXERCISE SCIENCE & RECREATION MANAGEMENT **EXERCISE SCIENCE**



### OVERVIEW

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.



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 46% over five years)

65% Female

30% From historically underrepresented groups



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



**Health Professions Advisors** connect with majors pursuing physical or occupational therapy school, as well as other health sciences.

### 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

[ Where human **science** and **service** intersect ]

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