

EXERCISE SCIENCE

Graduates of the Bachelor of Science in Exercise Science program are trained to assess fitness levels of individuals or groups and then design and implement exercise plans for people who may be healthy or who may have been compromised by disease or injury. Exercise scientists also evaluate risk factors and motivate people toward healthy behaviors in a variety of settings. Employment opportunities include work in medical, private, commercial and sports fitness facilities as well as clinical settings such as cardiac and pulmonary rehabilitation. Other graduates may move on to graduate school, medical school or research careers.

The Bachelor of Science in Exercise Science is also the baccalaureate degree for the Doctor of Physical Therapy graduate program at the university.

Programmatic Outcomes

1. Describe terms and concepts related to the human body
2. Describe fitness and health data
3. Develop and design programming to improve or maintain fitness and health