MAJOR IN HEALTH AND EXERCISE SCIENCE

Students may choose from two concentrations offered in the Health and Exercise Science major—Health Promotion or Sports Medicine.

Learning Outcomes

Students will demonstrate:

- Practical knowledge and skills (stress/fitness testing, leadership, administrative, teaching/communication, customer service, and professional attitude) in exercise science and health promotion through laboratory and/or practicum and internship experiences
- Ability to synthesize, integrate, apply, and communicate health and exercise science disciplinary knowledge through structured written assignments and oral presentations
- Skills and knowledge required to successfully compete for employment within the discipline or compete for graduate or professional school placement

Potential Occupations

The United States and other developed countries are struggling with an aging and increasingly unhealthy population. Understanding the role of physical activity in preventing and treating disease and maintaining optimal health at any age is critical. Graduates trained in the foundations of human movement such as anatomy, physiology, exercise prescription and health behavior change AND the ability to apply this knowledge to enhance the health, well-being and functional performance of the public, will be in high demand.

We take pride in training students in Health and Exercise Science to be strong critical thinkers who can express themselves clearly in written and oral form, view the world from multiple perspectives and are models of professional behavior and citizenship: qualities that will serve them well in any career they choose to pursue. Graduates who choose the Health Promotion concentration also acquire theoretical and hands-on training that makes them competitive for career opportunities in a wide variety of areas including, but not limited to: corporate fitness/wellness, community health/wellness, public health, health behavior change, exercise technicians, cardiac rehabilitation, personal trainers, group exercise/fitness instructors, fitness/medical equipment sales, and recreation directors. In the Sports Medicine concentration, graduates acquire additional course work in areas such as biomechanics, neurophysiology and human nutrition. This training provides excellent preparation for graduate studies in allied health areas and a variety of medical professions.

Concentrations

- Health Promotion Concentration
- Sports Medicine Concentration