



DARTON COLLEGE OF HEALTH PROFESSIONS

HEALTH AND HUMAN PERFORMANCE

What is Exercise Science

Few academic programs offer such diverse opportunities for employment and professional development upon graduation as Exercise Science. The Exercise Science curriculum prepares graduates with the knowledge and practical experience necessary for employment as exercise physiologist; strength and conditioning specialists; personal trainers, corporate, community and commercial fitness leaders. This major provides a strong background for those interested in pursuing a master's degree in exercise physiology or related field. The Exercise Science specialization is also an attractive curricular option for those intending to apply to professional programs in medicine and other allied health programs such as physical therapy, occupational therapy, physician's assistant, and cardiac rehabilitation.

**YOU MIGHT ENJOY
EXERCISE SCIENCE
IF YOU...**

**ARE INTERESTED IN
WORKING IN A CLINICAL
SETTING**

**INTERESTED IN WORKING
IN A HEALTH OR FITNESS
SETTING SUCH AS
CORPORATE FITNESS,
PERSONAL TRAINING, OR
HEALTH AND WELLNESS
PROMOTION**

**ARE INTERESTED IN
WORKING IN A SPORTS
TRAINING OR
PERFORMANCE SETTING
SUCH AS STRENGTH AND
CONDITIONING OR
ATHLETIC TRAINING**

**LIKE WORKING
"HANDS ON" WITH
PEOPLE**

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Career Outlook

Students interested in applying for admission to a professional school in one of the allied health professions will find the science-based courses (e.g., Human Anatomy, Exercise Physiology, Human Physiology, Kinesiology, Nutrition, etc.) in the Exercise Science major to be of special interest because of their emphasis on the human body. The curriculum culminates with applied courses such as Test and Measurements and Internships that provides students with “hands on” practical experiences.

Student Internship Opportunities

Internship opportunities include, but are not limited to, spending 200 or more hours with mentors in physical therapy, occupational therapy, physician, commercial/corporate/community fitness, athletic training, personal training, and strength and conditioning clinics, and similar settings.

Degree Options

The exercise science concentration at ASU is offered through the Department of Health and Human Performance. Students in the exercise science specialization will earn the Bachelor of Science degree and be prepared for certification through the American College of Sports Medicine (ACSM) as Exercise Physiologist (EP-C), and the National Strength and Conditioning Association (NSCA) as Certified Strength and Conditioning Specialists (CSCS) and Certified Personal Trainers (CPT). Upon completion of coursework, students perform a full-time 400-600 hour internship at an approved facility, compatible with career and employment goals.

Upon receipt of the baccalaureate degree, graduates are prepared for employment in the aforementioned areas, or for advanced studies in various branches of exercise science or related fields, such as medicine, physical therapy, and athletic training.

Web Sites

- American College of Sports Medicine – www.acsm.org
- American Physical Therapy Association – www.apta.org
- National Strength and Conditioning Association – www.nasca.com
- National Athletic Trainers Association – www.nata.org