Liberty University Exercise Science Tracks and Career Preparation

“For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.” Jeremiah 29:11

Fitness Specialist Track in Exercise Science prepares students for the following:

Cardiopulmonary Rehabilitation Fitness Specialist
Corporate/Employee Fitness Director
Own your own fitness facility or wellness center (recommend minor in Business)
Exercise Physiologist in a privately owned fitness facility
Exercise Physiologist in fitness facilities located in PT or medical clinics
Exercise Physiologist employed by a Wellness Center
Exercise Physiologist working in Human Performance Laboratories (ex: VO2 testing of triathletes, cyclists, elite runners, etc.)
Personal Trainer

(ACSM Exercise Physiologist Certification is also part of our program)

Strength and Conditioning Coach (Recommend also completing the CSCS certification http://www.nsca-lift.org/Certification/CSCS/)

Work with high school or collegiate athletes, prepare and plan their workouts
Train athletes at facilities such as Athletic Republic™ or Crossfit™ (these organizations may have their own certifications available as well)

Ministry/Missions
Athletes in Action: http://www.athletesinaction.org/

Pre-Professional Track in Exercise Science (for students preparing for graduate school):

Recommended minimum GPA for acceptance into the following graduate degree programs
Physician (DO, MD) 3.5 and above
Physician Assistant (PA) 3.5 and above
Physical Therapist (DPT) 3.5 and above
Occupational Therapist (OTR) 3.3 and above
Chiropractor (DC) 3.3 and above
Registered Dietician (RD) 3.3 and above
Prosthetist (design/fit artificial limbs for amputees)(CP) 3.3 and above

• Important: If you are preparing for any of the above graduate schools, make sure to also complete at least 1 semester of General Biology (BIOL 224) prior to applying to

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Some graduate programs require 2 semesters of General Biology as a pre-requisite. Each graduate school has their own requirements. Additional elective courses (such as an extra Psychology course) may need to be taken before applying.

**Other Degrees to Consider after graduation with a Bachelors in Exercise Science:**

Masters in Biomechanics
Masters in Sports Psychology
Masters in Athletic Training
Masters in Public Health- (available online at LU): 3 Tracks: Global health, Nutrition, Community health. (Beneficial for educating general population through private or government agencies, epidemiology research, excellent for Missions, stepping stone to other medical degrees).
Masters in Sports Management
Masters in Health and P.E with teacher licensure
Bachelors/Masters in Recreational Therapy/Recreational Therapist (RT)

Attaining a Bachelors Degree in Exercise Science Will Help to Set Students Apart From Other Applicants for Acceptance into the Following Competitive Associate Degree Programs:

Physical Therapist Assistant (PTA)
Occupational Therapist Assistant (COTA)

**FYI: Other Healthcare Careers**

Office Medical Assistant (Available LU online)
Dental Hygienist
Radiology Technician (x-ray, MRI)
Respiratory Therapist
Paramedic (emergency medical care)
Massage Therapist
Speech-Language Pathologist/Therapist (SLP)
Audiologist (Au.D)

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