

## **Bachelor of Science: Exercise Science Concentrations 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** concentration in Exercise Science prepares students for the following careers:

- Cardiopulmonary Rehabilitation Fitness Specialist
- Corporate/Employee Fitness Director
- 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: VO<sub>2</sub> testing of triathletes, cyclists, elite runners, etc.)
- Personal Trainer
- Owning your own fitness facility or wellness center (for this career, additional business education is highly recommended)

The ACSM-Exercise Physiologist (EP-C) certification may be taken during the senior year in the EXSC program in order to assist students in working in careers listed above.

The NSCA-Certified Strength & Conditioning Specialist (CSCS) certification may be taken during the student’s senior year in the EXSC program in order to become a strength and conditioning coach working with high school or collegiate athletes. Strength and conditioning coaches may also work for organizations such as Athletic Republic™ or CrossFit™ (these organizations have their own certifications available as well)

### **Ministry/Missions**

Athletes in Action: <https://goaia.org/>

**Therapeutic Science Concentration** in Exercise Science (for students preparing for graduate school education in the health professions):

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

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

Masters in Athletic Training

Masters in Biomechanics

Masters in Exercise Science (available at LU): (can specialize in human performance, nutrition, community physical activity, clinical exercise physiology). Research, Teaching.

Masters in Health and P.E with teacher licensure

Masters in Sports Management (available at LU)

Masters in Sports Psychology

Bachelors/Masters in Recreational Therapy/Recreational Therapist (RT)

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).

### **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)

### **Other Healthcare Careers not directly related to Exercise Science: (a different major would be recommended for these healthcare degrees)**

Audiologist (Au.D)

Dental Hygienist

Massage Therapist

Office Medical Assistant (Available LU online)

Optician

Paramedic/EMT (emergency medicine)

Radiology Technician (x-ray, CT, MRI)

Respiratory Therapist (Available at LU)

Speech-Language Pathologist/Therapist (SLP)