

# EXERCISE SCIENCE



## PROGRAM REQUIREMENTS

*18 Credits Required Including*

- Anatomy and Physiology 1
- Anatomy and Physiology 2
- Exercise and Nutrition
- Sport Psychology
- Biomechanics of Sport and Exercise
- Exercise Physiology
- Additional course options and requirements as outlined in the [University Catalog](#).

## COMPLEMENTARY DISCIPLINES

- **Coaching:** Implement evidence-based training strategies
- **Nutrition:** Design performance-enhancing meal plans
- **Psychology:** Cultivate exercise adherence techniques to increase motivation
- **Public Health:** Develop community fitness initiatives

## CAREER CONNECTIONS

Exercise Science provides diverse career opportunities in fitness, health, and wellness, while equipping you with the knowledge to improve others' physical well-being.

- Fitness Trainer/ Personal Trainer
- Strength and Conditioning Coach
- Wellness Coordinator
- Rehabilitation Aide

**SCAN HERE TO LEARN HOW  
YOU CAN  
CREATE YOUR OWN MAJOR?**

