

EXERCISE SCIENCE

Today's health and fitness culture, contexts, and demands are rapidly evolving. Exercise for health, disease prevention, and rehabilitation is essential for developing healthy children, adults, and communities. Exercise for health and elite athletic performance is a dynamic field merging practice with research-based knowledge, skills, and abilities. An Exercise Science degree is an excellent route to careers addressing health, physical fitness, and performance. Getting your Exercise Science degree from Wayne State will position you to be a leader in your chosen field with the abilities to adapt and develop in the changing health, fitness, and exercise environment. An Exercise Science degree can combine your passion for exercise with professional applications in fitness, conditioning, health, and research fields, as well as graduate programs in health sciences, such as physical and occupational therapy, medicine, and public health.

fast facts

Hours:

55 hours for major
30 hours in general education

At least 120 hours are required for graduation from Wayne State College. You may add a second major, minor, or electives to help meet these requirements.

Degrees offered: B.A. or B.S.

Department: Health, Human Performance, and Sport

School: Science, Health, and Criminal Justice

Internship: Required for credit toward your degree

Popular minors: Sport Management, Public and Global Health, Coaching, Foods and Nutrition

focus on results

Skills Learned

- Knowledge of body structure and function
- Health status and risk factor identification
- Fitness appraisal and injury evaluation
- Cardiac rehabilitation and exercise prescription
- Exercise prescription for various chronic diseases
- Exercise physiology
- First Aid and CPR
- Research and data analysis
- Kinesiology / biomechanics
- Strength and conditioning
- Facility management
- Body composition assessment

Possible Careers

- Strength coach
- Personal trainer
- Athletic trainer
- Wellness center director
- Physical therapist
- Exercise physiologist
- Fitness instructor
- Health education specialist
- Sports facility manager
- Health promotion
- Health coaching

Types of Employers

- Gyms and fitness centers
- Hospitals and medical clinics
- Sports teams and clubs
- Businesses and corporations
- Schools, colleges, and universities
- Community wellness centers
- Assisted living facilities
- Government agencies
- Non-profit organizations
- Rehabilitation clinics
- Sports lab and research facilities
- Public health organizations

outside the classroom

Activities / Opportunities

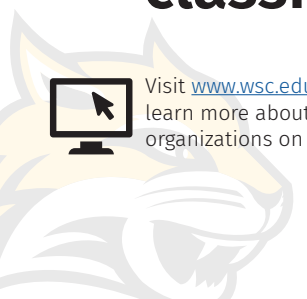
- Tour fitness and health facilities
- Gain leadership skills
- Regional and national professional organizations and networking
- Service-Learning
- Study Abroad

Clubs / Organizations

- Exercise is Medicine on Campus (EIM-OC) Club
- Health Science Club
- Pre-Physical Therapy / Pre-Occupational Therapy Club



Visit www.wsc.edu/clubs to learn more about clubs and organizations on campus.



Sample program of study

2023-24 Academic Year

Every effort is made to ensure this information is current, but please be aware that some content may have changed. There is no substitute for developing a careful course registration plan in consultation with your advisor. The class sequence listed is suggested only. The final decision rests with the student and academic advisor.

Freshman - 1st semester

ENG 102 Composition Skills (General Studies CAT 1).....	3
PED 105 Anatomy and Physiology I.....	3
PED 130 Introduction to Exercise and Allied Health Professions.....	3
General Studies CAT 2.....	3
General Studies CAT 4.....	3

Freshman - 2nd semester

MAT 110 Contemporary Applications of Math or MAT 180 Applied Probability and Statistics (General Studies CAT 3).....	3
PED 205 Anatomy and Physiology II.....	3
PED 207 Athletic Performance and Nutrition.....	3
PGH 200 Intro to Personal, Public, and Global Health (General Studies CAT 9).....	3
General Studies CAT 7.....	3

Sophomore - 1st semester

PED 227 Weight Training.....	1
PED 305 Exercise Physiology.....	3
General Studies CAT 5.....	3
General Studies CAT 6.....	3
General Studies CAT 8.....	3
Electives.....	3

Sophomore - 2nd semester

PED 351 Biomechanics.....	3
PED 411 Sport Marketing and Promotion or PED 464 Facility Management in Sport and Wellness.....	3
General Studies CAT 10.....	3
Electives.....	6

Junior - 1st semester

PED 330 Research and Current Trends in Exercise Science.....	3
PED 470 Fitness Evaluation and Assessment.....	3
PED 471 Tests and Measurements.....	3
Electives.....	6-9

Junior - 2nd semester

PED 357 Principles of Strength and Conditioning.....	3
PED 472 Advanced Fitness Assessment, Exercise Prescription, and Applied Research.....	3
Electives.....	9-12

Senior - 1st semester

PED 400 Exercise for Clinical Populations.....	3
PED 473 Applications of Physical Fitness and Program Design.....	3
Electives.....	9

Senior - 2nd semester

PED 493 Fieldwork in Exercise Science (2.5 GPA required).....	12
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As the field in exercise science continues to diversify, students are encouraged to compliment this major with numerous electives to enhance their knowledge, skills, and aptitudes. To distinguish your professional potential, consider minors and electives that increase your ability to connect with clients, patients, and communities. These could include courses and minors in the arts, social sciences, communication, languages, business, and technology.

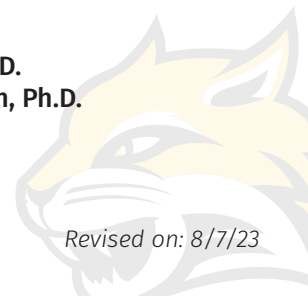
exercise science faculty

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Visit www.wsc.edu/hhps to learn more about the Department of Health, Human Performance, and Sport.



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