

EXERCISE SCIENCE

The Exercise Science Programs offer science-based and human-focus degrees in Exercise Physiology, Exercise Science, Pre-Physical Therapy, or Sports Medicine. Students majoring in Exercise Science can attain a Bachelor of Science degree with a General Exercise Science Emphasis or fulfill a Practitioner Emphasis. The Practitioner Emphasis is designed to fulfill many prerequisites for other allied health careers that require post-graduate study, including physical therapy, occupational therapy, athletic training, chiropractic, and exercise physiology.

PROGRAMS



DEGREES AND CERTIFICATES

- Bachelor of Science in Exercise Science - General Exercise Science
- Bachelor of Science in Exercise Science - Practitioner Emphasis
- Sports Medicine Minor
- Master of Science in Exercise Physiology

ABOUT THE PROGRAM

Exercise Science and Exercise Physiology focuses on acute and chronic physiological responses to physical activity and exercise. The programs prepare students to assess components of health-related and skill-related physical fitness. Furthermore, programs prepare students to develop evidence- and science-based physical activity and exercise training programs that promote active lifestyles, facilitate recovery, reduce injury risk, and improve human performance.

REAL-WORLD CONNECTIONS



SKILLS AND TALENTS

- Rehabilitation
- Patient Care
- Exercise Programming
- Clinical Skills
- Sports Medicine
- Interpersonal Communication

CAREERS

- Personal Trainer
- Exercise Physiologist
- Strength and Conditioning Coach
- Group Exercise Instructor
- Fitness Specialist
- Sports Performance Specialist

EMPLOYERS

- Advantage Health
- Anytime Fitness
- Centra Care
- Dance Express
- HealthSource Chiropractic
- Lifetime Fitness

INSPIRED ACTION



EMPLOYMENT RATE

97.2%
of program graduates begin their careers within one year of graduation.

Graduates: 300
Respondents: 245
link.mnsu.edu/graduate-follow-up

MEDIAN SALARY

\$51,350

The median annual wage for Physiologists in May 2022.

Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, Physiologists, at link.mnsu.edu/exercise-science-salary

PROGRAM WEBSITE



ahn.mnsu.edu/exercisescience

