Exercise Science B.A.Sc.

Major
Bachelor of Applied Science
Applied Human Sciences
College of Education and Human Service Professions

Exercise Science majors learn about all aspects of human movement, in order to help people live healthy lives. Courses include biology, chemistry, physics, psychology and mathematics. You’ll get hands-on experience in electrocardiography, biomechanics, exercise testing, exercise supervision, applied nutrition, and strength and conditioning procedures in state-of-the-art laboratories. Graduates work in many fields, including personal training, recreational therapy, and medicine. Exercise Science also prepares students for further study in allied health professions.

Why UMD

- Students graduate prepared for further study in many allied health professions: physical therapy, physician assistant, medicine, athletic training, and more.
- Coursework required in foundational sciences (Chemistry, Biology, Physics) and applied science (Human Biomechanics, Clinical Exercise Physiology).
- Most required courses incorporate labs using the latest equipment and are taught by faculty.
- Concentrations available in Exercise & Sport Science, Health & Fitness, and Special Interest (link to catalog)

Acquired Skills

- Plan, implement, evaluate, report and revise physical activity and/or exercise interventions in clinical, health-related, and training environments.
- Apply principles, theories, and content from the exercise science subdomains: exercise physiology, biomechanics, motor behavior, and nutrition in laboratory activities and/or projects.
- Develop, assimilate, synthesize, and apply multiple sources of information that relate to the responses and adaptations resulting from physical activity, exercise, and training.

Career Possibilities

Entry-Level Positions

- Employee Fitness and Wellness Director
- Exercise Physiologist
- Exercise Specialist (hospital based)
- Research Assistant
- Cardiopulmonary Technician
- Personal Trainer

Graduate School in

- Physical Therapy
- Occupational Therapy
- Exercise Physiology
- Biomechanics
- Sports Psychology
- Medicine
- Nursing
- Athletic Training
- Chiropractic
- Cardiac Rehab

Scholarships

Students in CEHSP are eligible to apply for more than 100 scholarships each academic year typically totaling $120,000 annually. For more information on scholarship opportunities, visit our scholarship webpage (https://z.umn.edu/scholarshipcehsp).
Student Clubs

- Exercise Science Club
- Pre Physical Therapy Club at UMD

Faculty Highlights

- Actively conduct, present, and publish research
- Offer numerous opportunities for students to participate in research
- Hold advanced degrees in the specific areas covered in the exercise science courses they teach
- Active members of the American College of Sports Medicine

Graduate Report

Recent UMD Graduates Job Placement Data & Employers

Here’s a sampling of positions Exercise Science B.A. Sc. grads have attained six months to one year after graduation.

- Sensory Motor Coach - Brain Balance, Minnetonka, MN
- Cardiovascular Technician - Essentia Health, Duluth, MN
- Clinic Assistant - Park Nicollet Health Services, Burnsville, MN
- Stress Test Technician - Minneapolis Heart Institute, Waconia (Ridgeview Medical Center), Waconia, MN
- Account Executive - UnitedHealth Group, Minneapolis, MN
- Occupational Therapy School, College of St. Scholastica, Duluth, MN

For more data see the Exercise Science B.A. Sc. Graduate Follow-Up Report.
For ideas about Exercise Science B.A. Sc. and other majors visit Career & Internship Services.