Exercise Science majors engage in the study of all aspects of human movement including motor skill development and acquisition, biomechanics, movement efficiency, physiological responses and adaptations of organ systems, anatomical development, and psycho-sociological influences. Students graduate with a strong foundation in mammalian biology, chemistry, physics, psychology and mathematics. Laboratory components of Exercise Science courses are conducted with state-of-the-art equipment in the Exercise Physiology, Biomechanics, Motor Learning and Vision laboratories. Students gain practical experience in electrocardiography, exercise testing, exercise supervision, applied nutrition, and strength and conditioning procedures in a managed learning environment.

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

- 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.
- Plan, implement, evaluate, report and revise physical activity and/or exercise interventions in clinical, health-related, and training environments.

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 this webpage.

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