The Bachelor of Applied Science (B.A.Sc.) in Exercise & Rehabilitation Sciences offers preparation for employment as well as enrollment in professional and graduate school programs in the exercise and allied health sciences.

Students are encouraged to develop as active scholars and participate in undergraduate research. Abilities in mathematics, science, and critical thinking are required for matriculation and graduation. Many required courses have graded laboratory components conducted with state-of-the-art equipment in the Exercise Physiology, Biomechanics, and Motor Learning laboratories. Students gain practical experience in electrocardiography, exercise testing, exercise supervision, and applied nutrition, as well as strength and conditioning procedures in a managed learning environment.

Why UMD

- Coursework required in both foundational and applied sciences.
- Prepares students for further study in many allied health professions: physical therapy, physician assistant, medicine, athletic training, and more.
- Typical class size for upper-division courses is 30 students.
- Labs in most required courses in the major use the latest equipment and are taught by faculty.
- 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.

Acquired Skills

- Foundational knowledge in chemistry, physics, biology, mathematics, nutrition, psychology, anatomy, and physiology.
- The ability to develop, assimilate, synthesize, and apply multiple sources of data to responses and adaptations resulting from physical activity, exercise, and training.

Career Possibilities

Entry-Level Positions

- Cardiac Fitness Program Coordinator
- Monitoring & Interpreting Tech at Mayo Clinic
- Personal Trainer
- Recreation Services & Facilities Coordinator
- Rehabilitation Specialist

Graduate School

- Athletic Training
- Environmental Health and Safety
- Exercise Physiology
- Occupational Therapy
- Physical Therapy
- Physician Assistant
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

Faculty Highlights

- Actively conduct, present, and publish research.
- Offer numerous opportunities for students to participate in research.
- Faculty have won campus & college awards for outstanding teaching, research, advising, and service.
- The professors for Exercise Science courses hold advanced degrees in the specific areas covered in the exercise science courses that 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 and grad programs Exercise Science B.A. Sc. grads have attained six months to one year after graduation.

- Personal Trainer Health Coach - Anytime Fitness, Minneapolis, MN
- Exercise Physiologist - CentraCare Health, St. Cloud, MN
- Fitness Specialist - HealthSource Solutions, Hopkins, MN
- Emergency Room Scribe - ScribeAmerica, Duluth, MN
- Clinical Assistant - Twin Cities Pain Clinic, Edina, MN

- Chiropractic School, Northwestern Health Sciences University
- Graduate School, Athletic Training, College of St. Scholastica
- Graduate School, Exercise & Nutrition Science, North Dakota State University
- Physical Therapy School, University of Minnesota Twin Cities

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.

Links
[1] mailto:dahs@d.umn.edu