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

- 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 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 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.