

Exercise and Sport Science | Bachelor of Science • Minors

The **Exercise and Sport Science** curriculum and mission aligns with the Exercise is Medicine™ initiative, which encourages health care providers to include physical activity with prescriptive medicine when optimizing patient health. Students have the opportunity to work with faculty as student research assistants in areas of expertise such as postexercise nutrition, running gait mechanics, obesity and health, vascular compliance, and nutritional supplementation. A required six-credit internship provides the student an opportunity to apply scientific course work principles in a fitness or strength and conditioning environment.

The Exercise and Sport Science program is located in our new Health and Human Services Building, with many state of the art features include a new athletic training teaching lab, a human performance facility, and large, enhanced laboratories/clinics for hands-on learning and research.

PROGRAM FEATURES

Exercise and Sport Science, B.S. – Concentration: Allied Health

This concentration provides students with an understanding of the exercise sciences which include physiology of exercise, pathophysiology, biomechanics, strength & conditioning, exercise testing & prescription, nutrition and exercise, and psychology of sport.

Exercise and Sport Science, B.S. – Concentration: Sport Science

The curriculum provides students with an understanding of the exercise sciences which include physiology of exercise, psychology of sport, advanced topics in strength & conditioning, group exercise instruction, exercise for special populations, nutrition and exercise, and biomechanics.

Exercise and Sport Science, B.S. – Allied Health

Graduates are prepared for employment in cardiac or pulmonary rehabilitation and clinical research assistant, and are prepared for graduate schooling in exercise science, occupational or physical therapy, physician assistant, and chiropractic.

Exercise and Sport Science, B.S. – Sport Science

Specific occupational opportunities include adult fitness in a corporate, community, commercial, or rehabilitation setting; youth fitness in public and private agencies; special population fitness for infants, the elderly, various clinical populations and physically and emotionally handicapped individuals; coaching or training in a college, high school, or Olympic training center; or research assistant in sports nutrition, biomechanics, or clinical exercise physiology.



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AMERICAN COLLEGE
OF SPORTS MEDICINE
AND ACCREDITED BY
THE COMMISSION
ON ACCREDITATION
OF ALLIED HEALTH
EDUCATION
PROGRAMS

Athletic Training, B.S. to M.A.T. – Accelerated

The accelerated B.S. / M.A.T. in athletic training offers eligible students the opportunity to complete their undergraduate degree and a Master's in Athletic Training within a five-year period. Athletic training is an allied health profession encompassing the prevention, examination, diagnosis, treatment and rehabilitation of acute and chronic injuries and medical conditions.

The Exercise and Sport Science program also offers several minors:

- **Minor in Coaching**
- **Minor in Exercise and Sport Science**
- **Minor in School Health Education**
- **Minor in Sport Studies**

CAREER OPPORTUNITIES

According to the U.S. Department of Labor, employment of exercise physiologists is projected to grow 13 percent through 2026, faster than the average for all occupations.

For more information on program requirements, visit Catalog.SouthernCT.edu/undergraduate

FOR MORE INFORMATION

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