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.

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.

Minor in Coaching | Coaching is an important career choice. Students will gain an in-depth knowledge into coaching through the study of sociological, psychological, medical and physical areas. Coaching strategies, principles and perspectives from the individual, dual and team sport will be introduced. This minor is open to students from all majors interested in pursuing coaching.

Minor in Exercise and Sport Science | The minor addresses the foundations of exercise science.

Minor in School Health Education | The Minor in School Health Education offers basic preparation in health education to individuals desiring to teach health in public schools.

Minor in Sport Studies | This minor provides students with insight into the study of sport through an interdisciplinary approach. Students will focus on history, culture, ethical, race, class, gender and other approaches related to the study of sport and human athletic performance.

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

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.

• Exercise and Sport Science - 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 - 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.

FOR MORE INFORMATION
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Admissions@SouthernCT.edu SouthernCT.edu/admissions/undergraduate