Our exercise science major will prepare you to work as a professional in the health and fitness industry. It will also prepare you to be accepted to and succeed in a variety of graduate programs in the health care professions, including physical therapy, occupational therapy, chiropractic, physician's assistant and medical doctors.

In our program you will learn how to conduct fitness assessments, evaluate risk factors and health behaviors, and develop and implement safe and effective exercise prescriptions. You will receive a strong science base in anatomy and physiology, exercise physiology, biomechanics, exercise prescription and assessment, and working with special populations.

**Employment Opportunities:**

- Aquatics Director
- Cardiac Rehabilitation
- Chiropractor
- Clinical Exercise Physiologist
- Corporate Wellness Centers
- Youth Development Director
- Fitness Director
- Health Promotion Director
- Corporate Fitness Trainer
- Occupational Therapist
- Physician
- Physical Therapist
- Pulmonary Rehab. Therapist
- Exercise Physiologist
- Sport Psychologist
- Sport Sociologist
- Personal Trainer
- Sports Nutritionist
- Massage Therapist
- Exercise Physiologist
- Group Exercise Instructor
- Conditioning/Strength Coach

**Required Skills:**

- Team Work
- Communication
- Reasoning
- Decision Making
- Stress Management
- Problem Solving
- Leadership
- Sensitivity

**Possible Employers:**

- Healthcare Provider
- Physical Therapy Office
- Sports Team
- Research Firm
- Rehabilitation Clinic
- Fitness Center
- College/University
- Law Firm
- Public Health

**PROFESSIONAL ORGANIZATIONS:**

- American College of Sports Medicine - www.acsm.org
- International Federation of Sports Medicine - www.fims.org
- National Academy of Kinesiology and Exercise - www.nationalacademyofkinesiology.org
- Association for Applied Sports Psychology - www.appliedsportpsych.org
- American Physical Therapy Association - www.apta.org

**FIND OUT MORE ABOUT CAREERS IN SPORTS MEDICINE AT:**

- Sportsmedicine.com - www.sportsmedicine.com/careers
- Explorehealthcareers.org - www.explorehealthcareers.org
Exercise Science (BS) – Curriculum Guide

Student Name: ____________________________  Advisor: ____________________________

GENERAL EDUCATION REQUIREMENTS

COMPETENCIES
(Minimum grade of C- required in all competencies)
☐ FS 0102 Freshman Seminar
   (if transferring in fewer than 18 credits)

Writing
☐ ENG 0101 English Composition I
☐ ENG 0102 English Composition II

Mathematics
☐ * MATH 0098 College Algebra 2 or Higher

THE HUMAN EXPERIENCE
☐ Students are required to complete two courses designated as “Global”

ARTS & LETTERS (ONE course MUST be literature; ONE course MUST be a creative, fine or performing Arts course)
☐ Literature
☐ Arts
☐ Literature, Arts, Language

BEHAVIORAL, ECONOMIC, & POLITICAL SCIENCES
(See Major)

HISTORY, CULTURES, & PHILOSOPHICAL INQUIRY
(See Major)

PHYSICAL, LIFE, & COMPUTATIONAL SCIENCES
(One course must be a Physical Science, ONE must be a Life Science and ONE must include a lab)
☐ Physical Science
☐ Biological Science (see major)
☐ Lab (see major)
☐ Physical, Life or Computational Science (see major)

PHYSICAL EDUCATION
☐ PEDC 0108

* MATH 0098 does not meet the mathematics competency at the Pittsburgh campus

MAJOR REQUIRED COURSES
☐ BIOL 0212/0222 Human Anatomy and Physiology I (4)
☐ BIOL 0213/0223 Human Anatomy and Physiology II (4)
☐ HPRED 0102 Introduction to Exercise Science (3)
☐ HPRED 0108 Nutrition (3)
☐ HPRED 0209 Personal Health and Wellness (3)
☐ HPRED 0225 Functional Human Anatomy (3)
☐ HPRED 1305 Biomechanics (3)
☐ HPRED 1306 Exercise Physiology I (4)
☐ HPRED 1320 Principles of Strength Training (3)
☐ HPRED 1405 Research Methods in Sports & Exer. Sci. (3)
☐ HPRED 1410 Exercise Prescription (3)
☐ HPRED 1416 Clinical Exercise Physiology (3)
☐ HPRED 1430 Worksite Health Promotion (3)
☐ HPRED 1435 Exercise Assessment (3)
☐ HPRED 1440 Exercise Prescription for Special Population
☐ HPRED 1453 Capstone Exercise Science (3)
☐ PSY 0101 Introduction to Psychology (3) GE
☐ PEDC 0108 (1) Physical Conditioning & Weight Training

Please be advised that this program or course of study requires that students complete rotations, fieldwork, internships/externships and/or teaching assignments at facilities external to the university, while other programs or courses of study may offer voluntary internships or externships at facilities external to the university. Depending on the program or course, such facilities will or may require a criminal background check, an act 33/34 clearance (if applicable), and perhaps a drug screen to determine participant qualification or eligibility. Additionally, in order to become licensed, many states will inquire as to whether the applicant has been convicted of a misdemeanor, a felony, or a felonious or illegal act associated with alcohol and/or substance abuse.

You will have According to your Degree Progress Report in MY.PITT.EDU upon successful completion of the current term:

Earned _________ credit hours

You NEED a minimum of _________ for 120 credit hours required for graduation. Additional courses may be necessary to meet the minimum curricular requirements.

You will have earned _________ credit hours of Upper Level course work.

You NEED _________ for the 30 credit hours required for graduation.

NOTE: This guide is unofficial. Completing the requirements on this sheet does NOT guarantee degree completion. Official degree completion information can be found in MY.PITT.EDU. Contact your Faculty Advisor and/or the Registrar’s Office with questions or concerns.