

# EXERCISE SCIENCE

The Exercise Science Programs offer science-based and human-focus degrees in Exercise Physiology, Exercise Science, Pre-Physical Therapy, or Sports Medicine. Students majoring in Exercise Science can attain a Bachelor of Science degree with a General Exercise Science Emphasis or fulfill a Practitioner Emphasis. The Practitioner Emphasis is designed to fulfill many prerequisites for other allied health careers that require post-graduate study, including physical therapy, occupational therapy, athletic training, chiropractic, and exercise physiology.

## PROGRAMS



### DEGREES AND CERTIFICATES

- Bachelor of Science in Exercise Science - General Exercise Science
- Bachelor of Science in Exercise Science - Practitioner Emphasis
- Sports Medicine Minor
- Master of Science in Exercise Physiology

### ABOUT THE PROGRAM

Exercise Science and Exercise Physiology focuses on acute and chronic physiological responses to physical activity and exercise. The programs prepare students to assess components of health-related and skill-related physical fitness. Furthermore, programs prepare students to develop evidence- and science-based physical activity and exercise training programs that promote active lifestyles, facilitate recovery, reduce injury risk, and improve human performance.

## REAL-WORLD CONNECTIONS



### SKILLS AND TALENTS

- Rehabilitation
- Patient Care
- Exercise Programming
- Clinical Skills
- Sports Medicine
- Interpersonal Communication

### CAREERS

- Personal Trainer
- Exercise Physiologist
- Strength and Conditioning Coach
- Group Exercise Instructor
- Fitness Specialist
- Sports Performance Specialist

### EMPLOYERS

- Advantage Health
- Anytime Fitness
- Centra Care
- Dance Express
- HealthSource Chiropractic
- Lifetime Fitness

## INSPIRED ACTION



### EMPLOYMENT RATE

**97.2%**  
of program graduates begin their careers within one year of graduation.

Graduates: 300  
Respondents: 245  
[link.mnsu.edu/graduate-follow-up](http://link.mnsu.edu/graduate-follow-up)

### MEDIAN SALARY

**\$54,860**

The median annual wage for Physiologists in May 2023.

Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, Physiologists, at [link.mnsu.edu/exercise-science-salary](http://link.mnsu.edu/exercise-science-salary)

### PROGRAM WEBSITE



[ahn.mnsu.edu/exercisescience](http://ahn.mnsu.edu/exercisescience)

## SAMPLE FOUR-YEAR PLAN - EXERCISE SCIENCE, BS

First Year (Fall)	First Year (Spring)
CIS 100 Introduction to Computing and Applications (4) ENG 101 Foundations of Writing & Rhetoric (4) MATH 112 College Algebra (4) FCS 140 Introduction to Nutrition (3)	BIOL 220 Human Anatomy (4) HP 260 Introduction to Exercise Science & Practitioner-based Professions (3) HP 291 Concepts of Fitness (2) General Education Course (3) General Education Course (3) Elective Course in Major (1)
Second Year (Fall)	Second Year (Spring)
CHEM 111 Chemistry of Life Process Part II (5) HP 290 Psycho-Social Aspects of Sport (3) General Education Course (3) General Education Course (3) Elective Course in Major (1)	BIOL 330 Principles of Human Physiology (4) General Education Course (3) General Education Course (3) General Education Course (3) Elective Course in Major (3)
Third Year (Fall)	Third Year (Spring)
HP 314 Physiology of Exercise (3) HP 392 Group Exercise Instruction (2) HP 465 Legal Aspects of Physical Education and Sport (3) Elective Course in Major (3) Diverse Cultures Course (3)	HP 315W Research Methods and Statistics in Exercise Science (3) HP 363 Science of Strength Training and Kinesiology (3) HP 466 Graded Exercise Testing and Exercise Prescription (3) General Elective Course (3) General Elective Course (3)
Fourth Year (Fall)	Fourth Year (Spring)
HP 431 Biomechanics (3) HP 477 Behavior Change Foundations and Strategies (3) Diverse Cultures Course (3) Elective Course in Major (3) Elective Course in Major (3)	HP 439 Nutrition for Physical and Activity Sport (3) HP 486 Small Group Personal Training (3) HP 487 Applied Exercise Science (4) General Elective Course (2) General Elective Course (2)

For more information about program requirements, visit:  
[mnsu.edu/academics/academic-catalog](http://mnsu.edu/academics/academic-catalog)

### LEARN MORE

**Department of Human Performance**  
 1400 Highland Center  
 507-389-6313

### NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---