

What Can I Do with a Major in **EXERCISE SCIENCE?**

Exercise Science is the scientific understanding of the body's response to exercise and the ability to analyze the efficiency of human movement. Graduates in Exercise Science will have the knowledge to prescribe exercise to a wide variety of populations and instruct others on the proper mechanics and techniques of movement. A related major to consider is Kinesiology which is a broader field studying human movement and impact on health, society, and quality of life.

Typical Coursework

First Aid/CPR
Nutrition
Weight Training and Conditioning
Anatomy of Movement
Prevention and Care of Athletic Injuries
Exercise Physiology
Fitness Testing and Exercise Prescription

Anatomy and Physiology
Biomechanics of Human Motion
Exercise Physiology
Motor Learning
Chemistry
Biology
Concepts in Personal Training

Related Major Skills

Analyzing
Assessing
Motor Skills
Motivational Skills
Planning Skills
Patience

Oral & Visual Communication Skills
Interest in Physical Activities
Interest in Health Issues
Interest & Knowledge in the mechanics of the human body (Biomechanics)

Directly Related Occupations

Exercise Specialist
Cardiac Rehab
Health & Fitness Specialist
Strength & Conditioning Coach
Personal Training

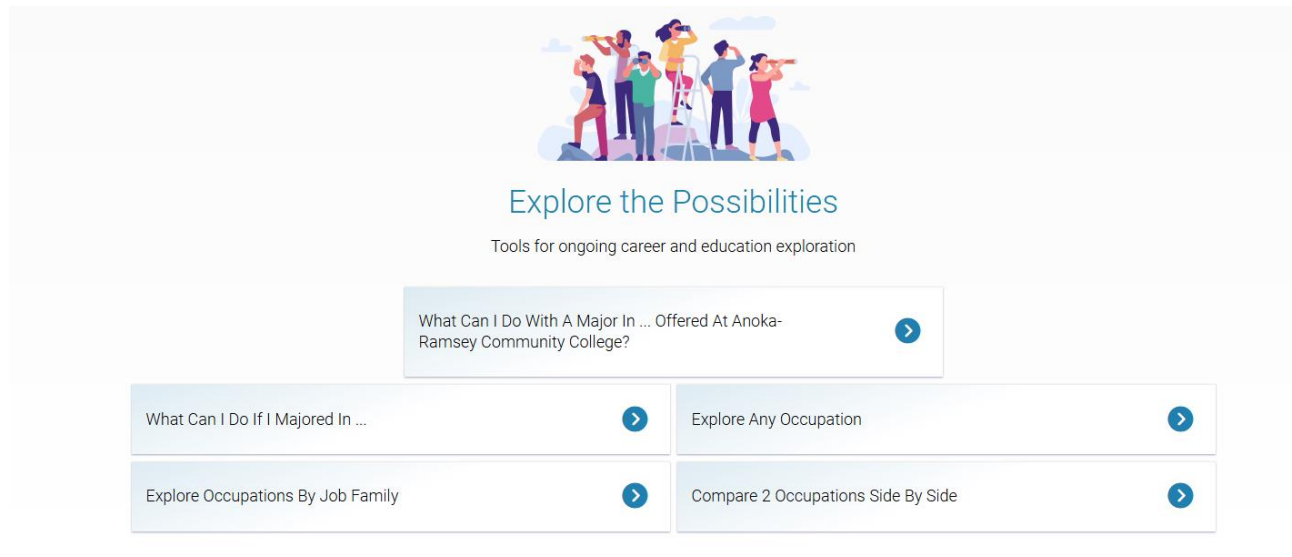
Athletic Trainer
Exercise Physiologist
Athletic Coach
Recreational Therapist
Fitness Coordinator

Who Hires for this Occupation?

Hospitals, health care services, fitness centers, nursing & residential care facilities, gyms, schools, and recreation facilities.

Focus2

Visit [FOCUS2](#) (use ARCC credentials to sign-in) for more information regarding **related occupations and average salaries** and explore **other related majors**. You can also take **assessments** to match your skills, interests, and values to potential careers and majors.



MN Colleges and Universities with a major in Exercise Science

Augsburg College

*Bemidji State University

Bethany Lutheran College

Bethel University

College of St. Scholastica

Concordia College, Moorhead

Concordia University, St. Paul

Crown College

Hamline University

*Minnesota State University, Moorhead

*Minnesota State, Mankato

*Southwest Minnesota State University

St Catherine's University

University of Minnesota, Duluth

University of Minnesota, Twin Cities

University of St. Thomas

*Winona State University

*Anoka-Ramsey Community College offers an [Exercise Science Pathway Associate of Science Degree](#) with course credits that directly transfer to designated Exercise Science Bachelor's Degree programs at Minnesota State System Universities.

^Anoka-Ramsey Community College offers a [Fitness Center Specialist Certificate](#) designed for students interested in preparing for entry-level positions in fitness.

Search for majors and colleges at [Minnesota State System Colleges and University](#).

Professional Association Links

[American College of Sports Medicine](#)

[American Council on Exercise](#)

[American Physiological Society](#)

[American Society of Exercise Physiologists](#)

[Commission on Accreditation of Allied Health Education Programs \(CAAHEP\)](#)

[National Academy of Kinesiology](#)

[National Health and Exercise Science Association](#)

For More Information

Contact ARCC Counseling (Coon Rapids and Cambridge) at (763) 433-1100 or stop by the campus Information Desk

Information adapted from:

[Minnesota Career Information System](#)

[Occupational Outlook Handbook](#)

[Focus2](#)

[Career Center at the University of North Carolina at Wilmington](#)