



EXERCISE SCIENCE

BGSU COLLEGE OF EDUCATION AND HUMAN DEVELOPMENT

The exercise science program at Bowling Green State University prepares individuals for leadership positions in the growing field of exercise science. It features two specializations: exercise programming and sports medicine.

Students may also complete an additional portion (or all) of the specialization not selected as their primary major specialization. In this manner, students can tailor their degree to become optimally prepared for their future vocation.

Points of Pride

- Field experience and employment opportunities include corporate and private fitness, physical and occupational therapy, cardio and pulmonary rehabilitation, athletic training, strength and conditioning and personal training.
- Low faculty-student ratio, flexible curriculum and hands-on learning in state-of-the-art laboratories, taught by experts in that particular content area.
- Opportunities to assist faculty with research.
- Integrative curriculum incorporates supporting coursework from biology, psychology and nutrition.
- Foundational and professional courses prepare students to think critically, appreciate human diversity and become exercise and health science leaders of the future.
- Graduates have high acceptance rate into professional programs and master's and doctoral degree programs.

What Our Graduates Say

“At BGSU, the class sizes allow you to **get to know your peers and professors**, rather than being ‘another face in the crowd.’ I would highly recommend the exercise science program because it offers **hands-on experience** and **exposure to professional opportunities** unlike other programs, as well as opportunities to interact with **well-rounded, diverse and supporting professors.**”

Lauren Pesola '12, Pediatric Health Associates



Faculty Spotlight

Dr. Adam Fullenkamp is the former director of the Air Force 3D Human Signatures Laboratory, and he maintains an active research collaboration with the Air Force Research Laboratory. As part of his relationship with the Air Force, Dr. Fullenkamp has secured world-class human measurement systems for the BGSU Biomechanics and Motor Behavior Laboratory, a facility which is available to BGSU students engaged in lab classes.

Dr. Fullenkamp also brings a wealth of experience in human biomechanical assessment and software development to the classroom, which allows him to create interactive experiences for undergraduate and graduate students alike.

For more information

Exercise Science


419-372-7234

bgsu.edu/exercisescience

MAJOR MAP

EXERCISE SCIENCE – Bachelor of Science in Education

Exercise Programming/Sports Medicine Specialization

CLASS OPTIONS	<p>Freshman Review core and other requirements in undergraduate catalog at bgsu.edu/catalog. Complete EXSC 2100 and EXSC 2270.</p>	<p>Sophomore Review core and other requirements in the undergraduate catalog at bgsu.edu/catalog. Complete or have plans to complete BIOL 2050, BIOL 3320, EXSC 2300 and EXSC 3600 to matriculate.</p>	<p>Junior Plan to matriculate (if not sooner) into the exercise science program by satisfying all coursework and GPA requirements.</p>	<p>Senior Ensure all coursework is complete, including your minor or electives, and visit with your faculty mentor about graduation.</p>
GOOD ADVICE	<p>Meet with your first-year academic advisor in 102 Education Building. Also be sure to keep in touch with your faculty mentor.</p>	<p>Consult the Advising Slides found in the exercise science Canvas shell for course planning guidelines and attend group advising. Consult your faculty mentor for any specific questions you have about your progress in the major.</p>	 <p>Attend group advising and visit with your faculty mentor about electives and courses to best prepare you for your career.</p>	<p>Discuss graduate school opportunities, workplace opportunities and certification exam preparation.</p>
RELEVANT EXPERIENCE	<p>Prepare for your field experiences by discussing career options and suggested coursework with your faculty mentor.</p> 	<p>Review previous practicum and internship sites in the database housed in the exercise science program offices. Consider applying for a fitness position at the Student Recreation Center.</p>	<p>Visit with an exercise science professor about the possibility of assisting in departmental research; learn about the Center for Undergraduate Research and Scholarship (CURS) and the merits of undergraduate scholarship.</p>	<p>Complete your 12-credit-hour internship as your capstone experience in exercise programming. Internships include JCC/YMCA/YWCA, cardiac rehabilitation programs or facilities, sports medicine clinics, and sports and conditioning facilities.</p>
USEFUL CONNECTIONS	<p>Consider the Natural and Health Sciences Residential Community and Honors College. Join the Student Wellness Network. Assist with fitness assessments through Student Exercise Science Association and Campus Recreation. Take BGSU 1910 Health, Wellness, and You.</p>	<p>Consider joining the Student Exercise Science Association.</p>	<p>Attend local, state, regional and national conferences or meetings (e.g., Midwest Regional Chapter of the American College of Sports Medicine).</p>	<p>Attend MWACSM Annual Meeting or other state or regional meetings and also consider taking on leadership opportunities such as running for an office position in the Student Exercise Science Association.</p>
GLOBAL VIEWS	<p>Review study abroad options at bgsu.edu/educationabroad.</p>	<p>Seek opportunities such as the study abroad trips planned jointly with athletic training. Past trips include the Beijing Sport University in China.</p> 	<p>Investigate the possibility of participating in a short-term trip like one focused on the Olympics in PyeongChang in South Korea.</p>	<p>Consider networking opportunities by attending national meetings of the American College of Sports Medicine (ACSM), National Strength and Conditioning Association (NSCA) and National Athletic Training Association (NATA).</p>
CAREER PREP	<p>Visit the BGSU Career Center at bgsu.edu/career-center and consider enrolling in the Falcon Internship Guarantee Program.</p>	<p>Discuss career paths and their credentials. Shadow individuals who work in the exercise, fitness/wellness field or sports medicine/athletic training and seek experiences that promote healthy lifestyles. Begin developing a resume.</p>	<p>Explore in-demand careers, career pathways, and occupations using OhioMeansJobs.com.</p>	<p>Take advantage of completed coursework and sit for any eligible and appropriate certification exams. Visit the Career Center for assistance with locating positions in your field.</p>