

# MAJOR MAP

## Exercise Science - Bachelor of Science in Education

### Exercise Programming Specialization

URL for Undergrad Catalog - [bgsu.edu/catalog.html](http://bgsu.edu/catalog.html)

CLASS OPTIONS	Freshman	Sophomore	Junior	Senior
GOOD ADVICE	Meet with your first-year academic advisor in 102 Education Building. Also be sure to keep in touch with your faculty mentor.	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.	 Attend group advising and visit with your faculty mentor about electives and courses to best prepare you for your career.	Discuss graduate school opportunities, workplace opportunities, and certification exam preparation.
RELEVANT EXPERIENCE	Prepare for your field experiences by discussing career options and suggested coursework with your faculty mentor. 	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.	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.	Complete your 15-credit hour internship as your capstone experience in exercise science. Internships include JCC/YMCA/YWCA, cardiac rehabilitation hospitals, sports medicine clinics and sports and conditioning facilities.
USEFUL CONNECTIONS	Consider the Natural and Health Sciences Residential (NHSRC) Community; explore the benefits of the Honors College. Join the Student Wellness Network, the Exercise Science Club or other student organizations.	Consider joining the Exercise Science Club.	Attend local, state, regional and national conferences or meetings (e.g., Midwest Regional Chapter of the American College of Sports Medicine).	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 Exercise Science Club.
GLOBAL VIEWS	Review study abroad options at <a href="http://www.bgsu.edu/educationabroad">www.bgsu.edu/educationabroad</a> .	Seek opportunities such as the study abroad trips planned jointly with athletic training. Past trips include the Beijing Sport University in China. 	Investigate the possibility of participating in a short-term trip like one focused on the Olympics in Rio de Janeiro, Brazil.	Consider networking opportunities by attending national meetings of the American College of Sports Medicine (ACSM) and National Strength and Conditioning Association (NSCA).
CAREER PREP	Check into the benefits of signing up for the Career Center's Falcon Internship Guarantee.	Discuss various career paths and accompanying credentials for those careers. Shadow individuals who work in the exercise, fitness or wellness field and seek experiences that promote healthy lifestyles. Begin developing a resume.	Visit the BGSU Career Center at <a href="http://www.bgsu.edu/career-center">www.bgsu.edu/career-center</a> and consider enrolling in the Falcon Internship Guarantee Program. Explore in-demand careers, career pathways, and occupations using <a href="http://www.OhioMeansJobs.com">http://www.OhioMeansJobs.com</a>	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.



### Graduation & Beyond

Our graduates are prepared for leadership positions in a variety of exercise science careers and are also well-suited for advanced graduate studies.

#### COMMON CAREERS INCLUDE:

- Cardiac/pulmonary rehabilitation
- Corporate fitness/wellness
- Strength and conditioning
- Personal training

In addition, many students choose to pursue graduate studies in Physical/Occupational Therapy, or Physician Assistant, or continue in the Exercise Science field of study.

#### Points of Pride

Field experiences and employment opportunities exist for our graduates in various settings: exercise and fitness centers (corporate, public and private), multi-purpose agencies such as JCC/YWCA/YMCA, cardiac rehabilitation (hospital, out-patient, sports medicine clinics), strength & conditioning and athletics (secondary, collegiate, professional, recreational), exercise and human movement research settings (university, private agencies, federal), and private consulting and personal training.

# FIELD EXPERIENCE

**M**ost exercise science majors complete two field experiences; an introductory internship (135 hours) and a culminating internship. The culminating internship is a 600-hour internship in one of many health-related facilities. Students have the opportunity to gain real-world experience in areas such as corporate fitness, cardiac rehabilitation, medical fitness, sport performance or community fitness.

Exercise science graduates have a high acceptance rate into professional programs in areas such as physical and occupational therapy, in addition to masters and doctoral degree programs. Graduates are currently pursuing degrees at the following institutions:

- Bowling Green State University
- University of Alabama
- Michigan State University
- Northwestern University
- Ohio State University
- Purdue University
- Southern Mississippi University
- University of Massachusetts
- University of Toledo

- Flexible curriculum to meet student goals.
- Hands-on learning in state-of-the-art laboratories.
- Opportunities exist to assist faculty with research.
- Integrative curriculum that incorporates supporting coursework from Biology, Psychology and Nutrition.



## PROGRAM SUCCESS

The Exercise Science program prepares individuals for leadership positions in exercise science who will possess and impart knowledge and skills of human movement and who promote health and well-being through movement.

The programs demonstrate a functional blend of the theoretical understanding of human movement, specialized professional skills, and critical consciousness of topics and issues within the study of human movement.

Curriculum is designed to prepare students to complete exercise testing and prescription in a wide variety of settings such as cardiac/pulmonary rehabilitation, corporate fitness/wellness, strength and conditioning, and personal training.