



COLLEGE OF EDUCATION

Careers

Some of the most common fields of study, career and job opportunities and specialty areas under the umbrella of exercise science include: group exercise instructor, rehabilitation specialist, dietitian, sport nutritionist, fitness director, personal trainer, strength coach, or trainer. Graduates can continue in allied health fields with degrees in exercise science, physical therapy, occupational therapy, physician, exercise physiologist, researcher or teacher.

For more information, contact:
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WINTHROP
 UNIVERSITY
 ROCK HILL, SOUTH CAROLINA

Bachelor of Science in Exercise Science

Exercising knowledge of movement to promote health and wellness

The Major

Exercise science is the study of movement and of the responses and adaptations to movement. The field involves disciplines ranging from the study of how organ systems work at the cellular level to the biomechanical efficiency of work. The exercise scientist must understand the basis of exercise-induced physiological responses; consequently, the degree program is rigorous, based on scientific theory and research. Graduates will be leaders in promotion and maintenance of health, activity, and fitness in the workplace or enroll in graduate professional programs.

The Program

The exercise science degree program is housed in the Department of Physical Education, Sport and Human Performance and requires 126 semester hours of coursework, including a 12-credit hour full-time internship. Coursework includes nutrition, diet and weight control, exercise testing and prescription, anatomy, physiology, kinesiology, strength and conditioning, health promotion, and physical activity for aging populations. Students planning for graduate study in physical or occupational therapy, exercise physiology, or physician assistant can select required prerequisite classes such as chemistry, physics or psychology to fulfill entry requirements. The curriculum is designed to allow students to tailor course selections to meet career goals in exercise science or to fulfill requirements for graduate education in allied health disciplines.

Internships

The degree requires 126 semester hours of coursework which includes a full-time 12-credit hour internship as the culminating experience. Each student can tailor a

program to meet his/her career goals; the internship will match these goals. Those seeking careers in the fitness industry as personal trainer, exercise specialist, industrial or corporate fitness specialist can complete an internship at fitness centers, YMCAs, or cardiac rehabilitation clinics. Students planning for future graduate education in an allied health discipline complete internships in clinical settings.

Student Organizations

The Exercise Science Club is a new club open to all majors in the fitness/wellness and the exercise science degree program. The organization provides opportunities for students interested in the field of exercise science to explore the field more fully and to become acquainted with other students with similar interests. The club raises funds to defray costs for students to attend conventions and conferences in the exercise science arena. Meetings are the second and fourth Tuesdays, 11 a.m., West Center. Minutes and meetings are accessed via the departmental webpage. http://coe.winthrop.edu/COE/health-pe/ExerciseScience/FW_curriculum.htm

Certification

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Faculty

Faculty who coordinate the EXSC program include the program director and two full-time professors. All faculty have doctoral degrees and are experts in the areas of health promotion, biomechanics, exercise physiology, exercise testing and programming, and nutrition. Faculty present at regional and national conferences. Mentoring of students is a top priority. The EXSC program is housed in the Department of Physical Education, Sport, and Human Performance (PESH).

Program of Study

Applicants must complete a minimum of 60 semester hours for acceptance in EXSC with a minimum cumulative grade point average of 2.5 for all coursework and a minimum cumulative grade point average of 2.75 for all coursework in the EXSC core. Students submit an application packet for admission to the EXSC program to the program director during fall semester of the junior year that includes: (a) official transcripts from all institutions of higher education attended; (b) EXSC application form; (c) an admission essay (500 words, two pages, that details the student's career goals and current progress towards these career goals); and (d) two professional letters of recommendation. Candidates admitted into EXSC must continue to maintain a minimum overall grade point average of 2.5.



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