



**EXERCISE SCIENCE MAJOR**

Professor: T. Miller  
 Visiting Instructor: A. Gowin  
 Instructor: J. Arnold

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Exercise Science majors will explore the science of exercise and its role in health, fitness, and optimal sports performance. Students will prepare for careers in strength and conditioning, personal training, graduate programs, and health careers such as physical therapy, physician's assistant, nursing, and medicine. The major will include a capstone research or internship experience tailored to the student's career goals. Students are encouraged to obtain professional certifications, such as ACSM Personal Trainer or Health/Fitness Instructor certification, as appropriate.

A grade of C- or better is required in all courses used to satisfy the major requirements.

If any substitutions of waivers of requirements are allowed, please list below and initial.

Course #	Title of Course	Hours Completed	Semester Completed	Grade

