

Bachelor of Science (BS) in Exercise Science

Degree: Bachelor of Science

Major: Exercise Science

Program Description: The BS in Exercise Science degree provides students with a body of knowledge that prepares them for employment in three main areas. These include: 1) clinical opportunities such as cardiac rehabilitation and physical therapy facilities, 2) corporate facilities such as Walmart, Johnson & Johnson, and Coca-Cola; and 3) commercial opportunities such as franchised (i.e., Gold's Gym and the Q) and private fitness centers

Program Requirements: The BS degree requires students to complete 46 general education hours, and 74 hours related to exercise science. In addition, students must select 4 hours of electives to complete the 124 credit hour degree program.

Career Opportunities: Employment opportunities include clinical, corporate, and commercial settings. Graduates of the Arkansas State University program are presently working in clinical settings at St. Bernard's and Health South in Jonesboro, and Arkansas Methodist Hospital in Paragould. Other students have done internships and found employment in corporate settings such as Texas Instruments in Dallas, the Oklahoma State University Wellness Center, and Ft. Sanders Health and Fitness Center in Knoxville, Tennessee. Numerous commercial opportunities are open to students and many graduates have found employment at local fitness centers and as independent personal fitness trainers.

Certifications: The most common certifications expected or required of those in exercise science are: strength and conditioning coach, personal fitness trainer, aerobics instructor, Exercise Specialist, and Program Director. Most agencies also require employees to be certified in First Aid and cardiopulmonary resuscitation (CPR).

Professional Organization Affiliations: The following organizations are most common to the exercise science area: American College of Sports Medicine, National Strength and Conditioning Association, and the American Alliance for Health, Physical Education, Recreation and Dance.

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