

Bachelor of Arts or Science in Physical Education/Exercise Science

Exercise Science includes study of the biological and behavioral aspects of exercise, fitness assessment and exercise prescription, behavior modification, and the clinical aspects of exercise. The Exercise Science program integrates classroom study with hands-on practical experiences. The Exercise Science major qualifies students for professional certifications such as ACSM's Certified Health Fitness Specialist, and NSCA's Certified Strength and Conditioning Specialist, and to pursue positions in worksite health promotion, strength and conditioning, clinical rehabilitation, personal fitness training, and sport performance.

Entry-Level Positions:

[Athletes & Sports Competitors](#)

[Coaches & Scouts](#)

[Recreation & Fitness Instructors](#)

[Fitness Trainers](#)

[Recreation Workers](#)

[Dietitians & Nutritionists](#)

[Health Educator](#)

Curriculum Information

[Physical Education/Exercise Science Eight Semester Plan](#)

Positions with a Graduate Degree

[Education Administrators, Elementary and Secondary](#)

[Education Administrators, Postsecondary](#)

[Physical Medicine and Rehabilitation Physician](#)

[Physical Therapist](#)

[Recreation and Fitness Studies Teachers, Postsecondary](#)

[Recreational Therapist](#)

[Resident Advisors](#)

Professional Organizations and Related Resources

[American Therapeutic Recreation Association](#)

[National Council for Therapeutic Recreation Certification](#)

[American Physical Therapy Association](#)

[American Association for Health Education](#)

Where else can I find information on this major?

[Occupational Outlook Handbook](#)

[O*NET Online](#)

[USF Career Services](#)