Program Overview and Highlights

The Exercise Science Program is designed to equip future exercise professionals with the knowledge and skills to meet the diverse health and wellness needs of our population through the integration of coursework with laboratory-based and field-based experiential learning.

Students will explore the science of human movement through curriculum in the biological, psychological and social sciences, including health, nutrition, exercise psychology, anatomy, physiology and biomechanics.

Upon completion of this program, students will qualify for national professional certifications, such as the American College of Sports Medicine’s Certified Exercise Physiologist certification and the National Strength and Conditioning Association’s Certified Strength and Conditioning Specialist certification.

Some courses in this program include:
- Clinical Exercise Testing & Prescription
- Nutrition for Fitness & Sport
- Biomechanics
- Exercise Physiology
- Individualized Fitness Programming
- Administration of Fitness/Wellness Centers
- Strength and Conditioning

What Can I Do with this Degree?

Upon successful completion of this state-approved, accredited program, students are competitive applicants in the areas of:
- Strength and Conditioning
- Corporate Fitness
- Community-based fitness
- Cardiac Rehabilitation
- Physical Therapy School

Student Organizations & Involvement

The College of Education encourages participation in campus organizations, including:
- Alliance of Health and Fitness Professionals (AHFP), an organization providing exercise science majors with professional development and leadership experiences.

Admissions Requirements

The Exercise Science Program is a limited access program. Admission is restricted to 36 students each fall semester.

To be admitted to this program, students must submit a separate application to the USF College of Education. Students must also:
- Be admitted to the University of South Florida
- Have a 2.5 or higher GPA
- Complete pre-requisite coursework

Visit www.usf.edu/education/advising/undergraduate/coedu-applications.aspx for application links and deadlines.

Select programs may have additional application requirements. Please visit an advisor to review specific program guidelines.

Scholarships & Financial Assistance

Students are encouraged to inquire about scholarships, grants, loans and repayment programs to help finance their education. Financial aid information, including application guidelines and eligibility requirements, can be found at:
- www.usf.edu/financial-aid
- www.usf.edu/education/undergraduate/scholarships-grants.aspx

For more information, please contact:

Student Academic Services  edu-advise@usf.edu
USF College of Education  813.974.2979