**Classrooms to Careers in Exercise and**

**Sports Science**

**Are you interested in**:

* How the body works
* Helping others
* Health
* Exercise
* Physical Education

Exercise and Sports Science (ESS) is the study of immediate and long-term effects of physical activity on the body. This course of study examines the contribution of anatomy, biomechanics, motor learning, physiology and health behaviors in the development of effective movement skills, exercise, and sports performance. As an exercise and sports science major, students are prepared to become educators, practitioners and scientists prepared to help individuals and groups lead healthier lives through exercise and physical activity. At Meredith, you can choose from two concentrations: Health and Wellness and Physical Education and Health.

**Types of jobs:**

* Teaching
* Personal Trainer
* Strength and Conditioning Coach
* Group Fitness Instructor
* Health Club Manager
* Health & Wellness Consultant
* Sales, pharmaceutical, health care or sports & fitness

**Or attend graduate school for:**

* Physical Therapy
* Occupational Therapy
* Education
* Exercise Physiology
* Health Education

**Options for the major**

* BS in Exercise and Sports Science with a concentration in Health & Physical Education or Health & Wellness
* Double major or minor in any additional related area of interest such as Business Administration.
* Include specific electives as needed for licensure requirements if you are interested in Elementary, Middle, or High School Teaching
* Experiential opportunities
  + Aqua Angels
  + Sports Science Association
  + Kappa Omicron Nu, Human Sciences Honor Society
  + Internships
  + Volunteer in healthcare settings
  + Human Performance Lab

**Professional Associations -**

Kappa Omicron Nu, Human Sciences Honor Society, www.kon.org

American Kinesiology Association, [www.americankinesiology.org](http://www.americankinesiology.org)

American College of Sports Medicine, [www.acsm.org](http://www.acsm.org)

**Career Outlook -**

Medical and Health Services Managers

<http://www.bls.gov/ooh/management/medical-and-health-services-managers.htm>

Physical Therapist

<http://www.bls.gov/ooh/healthcare/physical-therapists.htm>

Coach

<http://www.bls.gov/ooh/entertainment-and-sports/coaches-and-scouts.htm>

Teacher

<http://www.bls.gov/ooh/education-training-and-library/high-school-teachers.htm>

**Optional Information -**