



EXERCISE SCIENCE

Major in Exercise Science

Students in the Exercise Science program prepare for a career through "hands-on" learning experiences. There is an increasing need throughout the world for qualified exercise science professionals. Future career opportunities exist in the following settings or positions: corporate fitness programs, commercial fitness centers, cardio-pulmonary rehabilitation programs, strength and conditioning coordinator, personal training services and ergonomics.

Students must be first aid/CPR certified and are required to complete service-learning projects within their discipline. The curriculum consists of courses from a variety of disciplines including public health, health sciences and behavioral sciences. Central to the program of study is applied service-learning opportunities offered through a range of course projects and internships. Georgia College offers an undergraduate curriculum that emphasizes liberal arts and includes professional degree programs that provide students with a breadth and depth of preparation for their intended careers.

Students pursuing the BS degree in Exercise Science will choose from one of three concentration tracks:

- BS in Exercise Science with a concentration in Performance and Fitness
- BS in Exercise Science with a concentration in Pre-Professional
- BS in Exercise Science with a concentration in Sports Medicine

Make an Impact

The breadth and depth of knowledge gained will prepare graduates for a variety of career paths...

- Athlete Representative
- Event Coordinator
- Program Coordinator
- Fundraising
- Athletics Administrator
- Research Assistant
- Assessment and Evaluation Teacher
- Program Development
- Athletic Training
- Personal Training
- Rehabilitation Director
- Health Club Manager
- Group Fitness Instructor
- Coach
- Camp Director
- Activity Specialist
- Health Educator
- Kinesiologist
- Physiotherapist
- Wellness Coordinator
- Recreation Therapist
- Orthopedic Technician
- Massage Therapist
- Health Care Consultant

Develop Skills

communication compassion
active listening **assessment**
analysis **critical thinking**
interpersonal empathy
assessment active listening
communication
ability to teach **anatomy**
active listening scientific research
oral communication analysis
assessment communication
analysis **leadership**
biology **problem-solving**
communication **compassion**
oral communication
scientific research **assessment**
critical thinking **analysis techniques**

...the possibilities are endless.

EXERCISE SCIENCE

Explore and Engage with Exercise Science



Participate in undergraduate research



Join GC Athletic Training Student Organization (GCATSO)



Join the Exercise Science Club



Take a class



Meet with a faculty member



Talk to your academic advisor



Meet with a career advisor to discuss your plan



Connect with alumni via LinkedIn

Considering adding a Minor?

These minors can complement the Exercise Science major

- Chemistry
- Global Health Studies
- Public Health
- Physical Education

Top employers at GC for Exercise Science majors



Benchmark Physical Therapy



Emory Healthcare

Mean Starting Salary for Exercise Science majors



*based on NACE First Destinations for the College Class of 2020 for Rehab & Therapeutic Professions majors

School of Health & Human Performance

Georgia College
336 Health Sciences Building
Campus Box 112
Milledgeville, GA
Phone: (478) 445-4072
gcsu.edu/health/shhp/exercise-science-bs



University Career Center

Georgia College
110 Lanier Hall
Campus Box 42
Milledgeville, GA
Phone: (478) 445-5384
gcsu.edu/career



www.gcsu.edu/career/whatcanidowiththismajor

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