



EST. 1883

# EXERCISE SCIENCE

BACHELOR OF SCIENCE



Students in the Health Research Lab at BHSU

## CAREER OPPORTUNITIES

There are employment opportunities in a variety of sectors:

- » Athletic Trainer
- » Chiropractor
- » Diabetes Educator
- » Exercise Specialist - Cardiac Rehabilitation
- » Group Fitness Coordinator
- » Gym Owner
- » Massage Therapist
- » Nurse
- » Personal Trainer
- » Physical Therapist
- » Recreation Director

## EXERCISE SCIENCE AT BHSU

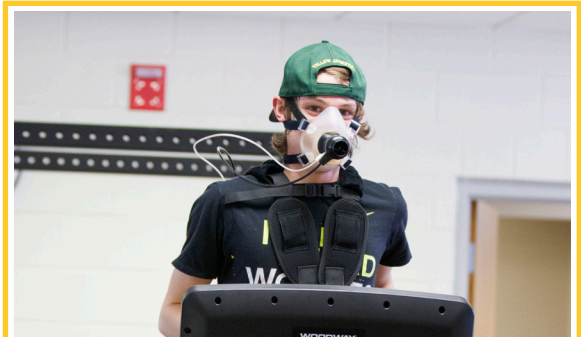
The Exercise Science program at BHSU will allow you to obtain a career in health and fitness related fields. Students work with professors who have outstanding expertise and experience.

Graduates of the program are prepared to enter the fields of exercise physiology, kinesiology, cardiac rehabilitation, strength and conditioning, and personal training. In addition, graduates are strongly positioned for advanced study in the fields of physical therapy, occupational therapy, chiropractic care, athletic training, and nursing.



*Going into the working field I feel super prepared in having hands on labs and talking about real-life situations in class. I feel that helped tremendously.*

*-Sarah Aid | Class of 2015*



## SKILLS DEVELOPED

- »Analysis of Human Movement
- »Body Composition
- »Exercise Prescription
- »Exercise Programming for Specific Populations
- »Fitness Assessment
- »Functional Movement Screening
- »Manual Muscle Testing
- »Prevention and Care of Athletic Injuries
- »Strength and Conditioning Program Development



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www.BHSU.edu/ExerciseScience