WHY CHOOSE EXERCISE SCIENCE?

Exercise Science is the study of structural and functional changes that occur during exercise on the physiological, biochemical, and biomechanical levels. With a bachelor’s degree from USJ, students will be prepared to begin successful careers in professional sports, college athletics, or in a variety of health care settings.

CAREER OPPORTUNITIES

Professions that our graduates pursue are projected to grow significantly, according to The Connecticut Department of Labor. For those that choose to earn a graduate degree in their specific area of interest, there is a projected 28.4% growth for physician assistants, 18% growth for physical therapists, 14.6% for athletic trainers, 14.5% for occupational therapists, and 13% for exercise physiologists. Other possible careers include:

» Strength and conditioning training 
» Cardiopulmonary rehabilitation 
» Health coaching and personal training 
» Corporate wellness, and more
ACADEMIC DISTINCTIVENESS

Within the B.S. in Exercise Science program, students take a variety of courses across disciplines, including:

» Anatomy and Physiology
» Sports Nutrition
» Psychology
» Health Promotion Strategies
» Exercise Testing and Prescription
» Health Coaching
» Exercise Program Design and Management, and more

www.usj.edu/apply