

# Exercise & Sports Science | Bachelor's Degree

|                                                       | FIRST YEAR                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | MIDDLE YEARS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | LAST YEARS                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| <b>ADVANCE</b><br>your academic journey               | <p>Meet with a <a href="#">First Year Advisor</a> to develop your academic planning.</p> <p>Join the <a href="#">Exercise and Sports Science Living and Learning Community</a> to experience your first year with peers.</p> <p>Explore one of three exercise and sports science concentrations: <a href="#">Pre-Rehabilitation Sciences</a>, <a href="#">Clinical Exercise Science</a>, or <a href="#">Teacher Certification in Physical Education</a>.</p>                                                                                              | <p>Meet with the <a href="#">College of Education Advising</a> office for questions about your major.</p> <p>Explore external scholarship opportunities such as the <a href="#">Fulbright</a> Scholarship to take your expertise to unique locations abroad.</p> <p>Explore <a href="#">Campus Resources</a> for academic and personal support.</p> <p>Meet with a <a href="#">faculty mentor</a> to select an undergraduate research opportunity.</p> <p>Explore research opportunities through one of several <a href="#">HHP research labs</a></p>                                                                                                                           | <p>Check your Degree Audit &amp; meet with your academic advisor.</p> <p>Explore next steps including a <a href="#">potential graduate degree</a>.</p> <p>Complement your degree with a <a href="#">micro credential</a>.</p> <p>Meet with a <a href="#">faculty mentor</a> or peer advisor</p> <p>Complete a capstone or independent study project related to major.</p>                                                                                                 |
| <b>EXPAND</b><br>your personal and social development | <p>Review your degree plan for courses that include the <a href="#">Service-Learning Excellence</a> program.</p> <p>Take on leadership by applying for positions in <a href="#">student organizations or committees</a> that focus on health and human performance.</p> <p>Find additional events and organizations in the <a href="#">Bobcat Organization HUB</a>.</p> <p>Become a member of the <a href="#">Texas State Exercise and Sports Science Organization</a> or the <a href="#">Athletic Training Sports Medicine Student Organization</a>.</p> | <p>Run for an officer position of the <a href="#">Texas State Exercise and Sports Science Organization</a> or the <a href="#">Athletic Training Sports Medicine Student Organization</a> to help plan campus and community outreach events in exercise and sports science.</p> <p>Consider study abroad options including faculty-led, exchange, virtual, and short-term affiliated programs which are available through <a href="#">Education Abroad</a>.</p> <p>Discover <a href="#">Global Online Learning Experiences</a> for courses with culturally dynamic perspectives.</p> <p>Participate in <a href="#">The Big Event</a> to give back to the regional community.</p> | <p>Select a service activity through <a href="#">Student Involvement</a> to give back to the area community.</p> <p>Seek out a leadership role with the Leadership &amp; Service program.</p> <p>Attend a <a href="#">Student Government</a> Senate meeting to contribute to the TXST community.</p> <p>Attend financial literacy workshops (e.g., budgeting, student loans, taxes).</p>                                                                                  |
| <b>ENRICH</b><br>your practical competence            | <p>Explore the <a href="#">TXST One Stop</a> for more information about the scholarships provided to new and continuing students.</p> <p>Attend an <a href="#">IDEA Center</a> workshop to learn more about undergraduate research.</p> <p>Review and apply for scholarships in <a href="#">BOSS</a>.</p>                                                                                                                                                                                                                                                 | <p>Create an <a href="#">internship plan with the help of Career Services</a>.</p> <p>Attend a conference such as <a href="#">Texas Chapter of the American College of Sports Medicine</a> or <a href="#">National Strength and Conditioning Association</a>.</p> <p>Review <a href="#">micro internship opportunities</a> for professional development in which you learn and earn.</p> <p>Meet with your major internship director to discuss <a href="#">exercise and sports science management internship</a> options.</p>                                                                                                                                                  | <p>Learn about <a href="#">Global Career Accelerator</a> options that give you experience with global companies and in-demand tech skills.</p> <p>Attend a conference such as Texas Chapter of the <a href="#">American College of Sports Medicine</a>, National Strength and Conditioning Association, or Texas High School Coaches Association.</p> <p>Deliver a presentation in a <a href="#">student conference</a>, workshop, seminar or community organization.</p> |
| <b>ELEVATE</b><br>your career and professional life   | <p>Complete your <a href="#">Career Assessments</a>, such as Focus2.</p> <p>Create your <a href="#">Handshake</a> profile.</p> <p>Create your <a href="#">LinkedIn</a> profile and connect with colleagues and leaders.</p> <p>Develop and review your <a href="#">resume</a> with Career Services.</p>                                                                                                                                                                                                                                                   | <p>Develop your <a href="#">resume</a> with the help of the professionals at <a href="#">Career Services</a>.</p> <p>Build <a href="#">Career &amp; Graduate School Fairs</a> into your schedule to ensure your connection maximum opportunities.</p> <p>Prepare to <a href="#">ace your job interviews</a> with Career Services or your academic department.</p>                                                                                                                                                                                                                                                                                                               | <p>Develop a full-time employment or graduate school plan with <a href="#">Career Services</a>.</p> <p>Attend <a href="#">employer info sessions</a> at Career Services.</p> <p>Complete your <a href="#">First Destination Survey</a> to share your post-graduation plans</p> <p>Identify faculty and professional references</p>                                                                                                                                        |

## OUTCOMES

### Marketable Skills

Comprehensively assess and evaluate cardiovascular function in adults who are symptomatic for cardiovascular disease.

Comprehensively assess and evaluate respiratory function in adults who are symptomatic for respiratory disease.

Prescribe a safe and effective exercise rehabilitation program for improving cardiovascular function in adults who are symptomatic for cardiovascular disease.

Prescribe a safe and effective exercise rehabilitation program for improving respiratory function in adults who are symptomatic for respiratory disease.

### Experiences in Exercise & Sports Science

The bachelor of science major in exercise and sports science prepares students in key aspects of the human movement sciences which improve performance in health, fitness, and those engaged in physically demanding activity or sports. Within the broad area of exercise and sports science, students select from three concentration options: pre-rehabilitation sciences, clinical exercise science, and all level physical education certification (teaching). Strong research programs and labs, experiential learning, and community-engaged learning are incorporated into the program. Students may participate in faculty-led study abroad or Study in America trips, develop a professional community at association or networking events, or join student organizations for a well-rounded experience.

### Career Opportunities

Pre-rehabilitation sciences concentration often attend:

- Graduate programs in physical therapy
- Graduate programs in occupational therapy
- Graduate programs in athletic training
- Medical school

Clinical exercise physiologist

Cardiac rehabilitation specialist

Exercise scientist

Kinesiologist

Strength & conditioning coach

Physical education teacher

Corporate wellness specialist

Fitness manager

Fitness instructor

Personal trainer

Sports facility director

Health coach

Wellness program manager