

Exercise Science, Bachelors of Science Program.

The Exercise Science program at SIUE is accredited by the Commission on Accreditation of Allied Health Education Programs (CAAHEP). This program is one of 44 programs nationally to have earned this accreditation and acclaim. We are the only accredited program in the state of Illinois.

Why Exercise Science?

Few academic programs offer such diverse opportunities for employment and professional development upon graduation as Exercise Science. The Exercise Science curriculum prepares graduates with the knowledge and practical experience necessary for employment as strength and conditioning specialists, personal trainers, corporate, community and commercial fitness leaders.

Exercise Science at SIUE

The Exercise Science major at SIUE is also an attractive curricular option for those intended to apply to professional programs in medicine, and other allied health programs such as physical therapy, occupational therapy, physician's assistant, chiropractic medicine, cardiac rehabilitation and accelerated nursing. Students interested in applying for admission to a professional school in one of the allied health professions will find the science-based courses (e.g., Human Anatomy, Exercise Physiology, Human Physiology, Biomechanics, Nutrition, etc.) in the Exercise Science major to be of special interest because of their emphasis on the human body.

Highlights from the 2015-2016 Accreditation Report

- We had 87 students complete a 200-hour internship with a ranking of "Exceptional" by their internship supervisor.
- We admitted 124 students to our program and graduated 89 students.
- Our retention rate was 97%.
- We reported 9 students that complete and pass national certification exams
- Within the 1 year of following graduation, 100% of our graduates were either employed or had been accepted to graduate/professional degree programs.

Career Outlook

Career opportunities for individuals graduating with a degree in exercise science are numerous. The demand for Exercise Science is outstanding and is expected to remain very strong due to the increasing emphasis on prevention of illness using exercise as a means of promoting good health as well as treatment of disease or injury through physical therapy, occupational therapy or medicine

- Approximately 70% of our graduates enter other health related professional programs in Physical Therapy, Occupational Therapy, Medicine, Chiropractic, Physician Assistant OR enter graduate school.
- We also have 30% of our graduates enter the exercise science field directly in areas such as: cardiopulmonary rehabilitation, strength and conditioning, corporate fitness, sports medicine, community health and wellness, and personal training.