



## SOUTHERN ILLINOIS UNIVERSITY EDWARDSVILLE

### **What Is Exercise Science?**

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

### **What About Preparing for Professional School in Medicine and Allied Health Programs?**

The Exercise Science major is also an attractive curricular option for those intending to apply to professional programs in medicine and other allied health programs such as *exercise physiology, physical therapy, occupational therapy, physician assistant, medicine (pre-med), chiropractic, cardiac rehabilitation, dentistry, pharmacy and accelerated nursing*.

### **You Might Enjoy Exercise Science If You...**

- are interested in working in a clinical health setting such as medicine, physical therapy, or occupational therapy.
- are interested in working in a health or fitness setting such as corporate fitness, personal training, or health and wellness promotion.
- are interested in working in a sports training or performance setting such as strength and conditioning, or athletic training.
- like working “hands on” with people.

### **Career Outlook**

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. Approximately 70% of SIUE’s Exercise Science majors apply for acceptance into professional schools.

### **Admissions Requirements**

To be admitted to the Exercise Science major, students must:

- 1) Earn a grade of C or higher in BIOL 140 or BIOL 150, or its equivalent
- 2) Earn a C or higher in CHEM 120a & 124a or CHEM 121a & 125a
- 3) Earn a B or higher in KIN 275 Introduction to Exercise Science
- 4) Have a cumulative grade point average of 2.75 or higher

### **Contact Information**

For more information about this program, please contact the Program Director, Dr. Erik Kirk at 618.650.2718 or [ekirk@siue.edu](mailto:ekirk@siue.edu), or the Kinesiology & Health Education Academic Advisor, Dr. Monica Kempland at 618.650.2614 or via email at [mkempland@siue.edu](mailto:mkempland@siue.edu).