

# B.A. Exercise Science | Major Map

## 2022 GRADUATE CAREER OUTCOMES

Based on information from 100% of graduates

**100%** Secured Employment

**92%** Admitted Into Graduate School or Professional Program

## POPULAR CAREERS

- **Commercial & Community Fitness:** fitness trainer, group fitness manager, sports director, fitness supervisor
- **Health Care:** physical therapist, occupational therapist, registered dietitian & nutritionist, chiropractor, clinical exercise physiologist, cardiovascular technologist/technician, rehab technician
- **Clinical & Corporate:** wellness director, health promotions specialist, pharmaceutical sales
- **Coaching:** strength & conditioning specialist

## POPULAR EMPLOYERS

Health & fitness clubs, rehabilitation centers, retirement communities, hospitals, clinics, research facilities, pharmaceutical companies, sports teams & clubs

## SIGNATURE EXPERIENCES

- **Internships**
  - Avera Sports Institute
  - Dow Rummel Village
  - Good Samaritan Society
  - GreatLIFE
  - Orthopedic Institute
  - Prairie Rehabilitation
  - Sanford POWER
  - Local health & fitness centers
- **Research Opportunities**
  - BRIN
  - Sanford Health
  - Students may engage in research throughout the year through summer research and classes. Speak with your advisor.
- **Example Research Topics**
  - The Impact of Ischemic Preconditioning
  - Vitamin D Effects and Physical Fitness
  - Correlations Between Wellness Measures
- **Study Away**
  - AU Faculty-Led: Outdoor & Cultural Adventures in Costa Rica



## WHY STUDY EXERCISE SCIENCE?

As an exercise science major, you will have the opportunity to cross train for a variety of graduate school and career opportunities. Your education will be enhanced through work in the lab, internships, volunteer activities and summer research. Exercise science gives students a scientific understanding of exercise and its effect on the body. Our program meets accreditation standards set by the American College of Sports Medicine (ACSM).

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## FIRST YEAR

## MIDDLE YEAR(S)

## LAST YEAR

### EXCEL ACADEMICALLY

- Review SOPHIA and program requirements with your academic advisor.
- Review your degree audit report, and create a plan of study in Academic Planner.
- Enroll in BIOL 120 or CHEM 116, FYS 110, EXSC 120 and BIOL 150.
- Participate in FYS 112 to confirm your major, hear from upper-level students about signature experiences and chart a personalized plan for your engagement.
- Choose or confirm your major(s) or minor(s).
- Volunteer at Avera or Sanford Health.

- Explore interdisciplinary minors or elective credits that interest you.
- Contact the Student Success Center to declare any second majors or minors.
- Engage in research, and present your work at the annual research symposium.
- Enroll in courses such as CHEM 116, EXSC 277, EXSC 322, HLTH 222, CHEM 145, EXSC 320, EXSC 323, BIOL 225, EXSC 265, EXSC 360 and EXSC 370.
- Enroll in PE 395, and complete an internship for 2-4 credits.
- Seek out shadowing and observation opportunities.

- Apply to graduate no later than Oct. 1, and review the degree audit provided by the Registrar's Office.
- Complete your 300-level electives.
- Consider gaining additional shadowing and observation hours.

### ENGAGE & APPLY YOUR LEARNING

- Access your Viking Central account. Participate in campus clubs and organizations such as Physical Therapy, Occupational Therapy & Chiropractic Pre-Graduate Club, Exercise is Medicine - On Campus, Athletic Training Association and Recreational Services.
- Explore study-away opportunities at the study-away fairs.
- Create an account in Augie Opportunities.

- Attend the Sophomore Retreat.
- Engage in campus leadership, internships, service, study away and relevant summer employment.
- Participate in the alumni mentor program.
- Consider elite scholarship opportunities, such as the Fulbright, Rhodes or Truman.
- Earn the Diversity Advocate Certificate.
- Apply for Knight Internship Funds and ASA transportation funds. Pursue elite fellowships.

- Take standardized exams (e.g., GRE, DAT, MCAT, OAT), and share your application to graduate or professional schools with your advisor and CAP specialist for feedback.
- Attend the BIG (Business, Industry and Government) Career & Internship Fair.
- Continue to connect with alumni.
- Participate in mock interviews and networking events.
- Complete the career outcome survey to update us of your employment or enrollment in graduate school.
- Join the Augustana alumni community.

**CHART YOUR COURSE TODAY!**

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