

B.A. Fitness Management | Major Map

2022 GRADUATE CAREER OUTCOMES

Based on information from 100% of graduates

100% Secured Employment

100% Admitted Into Graduate School or Professional Program

POPULAR CAREERS

- **Commercial & Community Fitness:** personal trainer, fitness coordinator, fitness director, fitness supervisor, group fitness manager, recreational sports director
- **Clinical & Corporate:** health promotions specialist, wellness director
- **Coaching:** strength & conditioning specialist
- **Health Care:** exercise physiologist

POPULAR EMPLOYERS

Health & fitness clubs, corporate health programs, sporting goods manufacturer, hospitals, sport facilities, Olympic training centers, retirement communities, exercise equipment management & sales

SIGNATURE EXPERIENCES

- **Internships**
 - Avera Sports Institute
 - Sanford Performance Center
 - Active Generations
 - GreatLIFE
 - Local health & fitness centers
- **Research**
 - Students may engage in research throughout the year through summer research and classes. Speak with your advisor.
- **Practicum Experience**
 - Fitness testing projects
 - Fitness leadership
 - Personal training experience
 - Exercise is Medicine promotion
- **Study Away**
 - AU Faculty-Led: Outdoor & Cultural Adventures in Costa Rica



WHY STUDY FITNESS MANAGEMENT?

The fitness management major is designed to equip students with the knowledge and skills required for promoting healthy lifestyles. Exercise science coursework is supplemented with business courses to prepare the student for professional opportunities in a wide variety of health and fitness settings. Fitness management majors who intend to pursue graduate studies are encouraged to take additional courses in business administration and psychology. It is also possible to earn a second major or minor in supportive or related areas such as business administration, communication studies, exercise science, gerontology, psychology or sociology.

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 EXSC 120, BIOL 110 or 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).

- Explore minors or elective credits that interest you.
- Contact the Student Success Center to declare any second majors or minors.
- Enroll in EXSC 322, HLTH 222, EXSC 320, EXSC 360 and BSAD electives.
- Consider an internship with GreatLIFE or other fitness facilities.

- Apply to graduate no later than Oct. 1, and review the degree audit provided by the Registrar's Office.
- Complete your 300-level electives and internship.

ENGAGE & APPLY YOUR LEARNING

- Access your Viking Central account. Participate in campus clubs and organizations such as Recreational Services, Exercise is Medicine - On Campus, Augustana Bike Club, and Serving and Learning Together (SALT).
- 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), 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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