**FRESHMAN**
- Investigate introductory major courses like BIO 1004 Principles of Biology, ESC 1013 Introduction to Exercise Science, and KIN 1163 Foundations of Fitness for Professionals.
- Familiarize yourself with your department by getting to know the professors and other students within your major.

**SOPHOMORE**
- Ask your advisor about opportunities you have in your coursework like Chemistry I & II and Physics I & II. These courses will be helpful if you are considering graduate school.
- Consider volunteering on campus or with a community organization.
- Consider career opportunities like pre-PT club and professional associations.

**JUNIOR**
- Consider what internship opportunities you have available.
- Take responsibility in your extra-curricular activities.
- Are you interested in studying abroad? Ask your advisor or Career Services about study abroad opportunities.
- Explore another culture or improve your language skills by taking a class or being involved with the Center for Global Connections.

**SENIOR**
- Assess what courses you need to complete before graduation. ESC 4001 Exercise Science Capstone and ESC Exercise Science Practicum should be taken in your final year.
- Spread the word about what clubs/organizations/events you have enjoyed at SBU and help others get connected on campus.
- Assess what opportunities, locally and globally, are available upon graduation.
- Finalize your résumé and cover letter.
- Apply to graduate school and pursue internships in areas in which you would like a career.

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**CAREER POSSIBILITIES**
- Physical Therapist
- Occupational Therapist
- Cardiac Rehab Nurse
- Personal Trainer
- Physician’s Assistant
- Strength and Conditioning Coach
- Dietitian
- Dietetic Assistant
- Chiropractor
- Researcher
- Health Coach
- Athletic Trainer
- Fitness Instructor
- Massage Therapist
- Family Medicine
- Orthopedic Physician
- Orthopedic Surgeon
- Sports Psychologist
- Physical Therapy Aide

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**Bachelor of Science**

**EXERCISE SCIENCE MAJOR MAP**

<table>
<thead>
<tr>
<th>FRESHMAN</th>
<th>SOPHOMORE</th>
<th>JUNIOR</th>
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</tr>
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<td>Familiarize yourself with your department by getting to know the professors and other students within your major.</td>
<td>Consider volunteering on campus or with a community organization.</td>
<td>Take responsibility in your extra-curricular activities. Consider a leadership role within your club/organization or make a new member feel welcome.</td>
<td>Spread the word about what clubs/organizations/events you have enjoyed at SBU and help others get connected on campus.</td>
</tr>
<tr>
<td>Participate in student organizations and professional associations like Pre-PT club. Be involved in your residence hall, an intramural sport, and other campus-wide events.</td>
<td>Are you interested in studying abroad? Ask your advisor or Career Services about study abroad opportunities.</td>
<td>Explore another culture or improve your language skills by taking a class or being involved with the Center for Global Connections.</td>
<td>Assess what opportunities, locally and globally, are available upon graduation.</td>
</tr>
<tr>
<td>Visit SBU’s Center for Global Connections to learn about global service opportunities.</td>
<td>Schedule an appointment with Career Services for information on building your resume and cover letter. Begin exploring options you have for your internship by attending career fairs and building your career network.</td>
<td>Plan your internship by the second semester of your junior year. Explore graduate schools and understand the prerequisites if you desire to continue your education. Consider obtaining an NSCA certification in Strength and Conditioning or Personal Training.</td>
<td>Finalize your résumé and cover letter. Apply to graduate school and pursue internships in areas in which you would like a career. Complete Chemistry II and Physics II before sending in an application to your chosen graduate school.</td>
</tr>
</tbody>
</table>

**EXERCISE SCIENCE MAJOR MAP**

**College of Education and Social Sciences | Department of Kinesiology | 1600 University Ave. | Bolivar, Missouri | www.SBUniv.edu**