



Bachelor of Science in  
**EXERCISE SCIENCE**

[stockton.edu/exsc](http://stockton.edu/exsc)

**STOCKTON** | SCHOOL OF  
UNIVERSITY | HEALTH SCIENCES



## Bachelor of Science in Exercise Science | BSES

### ABOUT THE PROGRAM

**The Bachelor of Science in Exercise Science** prepares students for various career options in entry-level positions in public or private industries or admission into graduate programs in related areas. Exercise Science is the study of human movement and includes interdisciplinary training in academic areas such as Exercise Physiology, Nutrition, Biomechanics, Strength Training, Fitness Assessment, Exercise Prescription and Anatomy and Physiology.

Faster than average growth in employment is predicted in a number of areas related to Exercise Science.

The program focuses on the complex and multidimensional factors that guide human movement behavior including physiological, psychological, social and environmental influences.

The program addresses how increasing physical activity will improve health and well-being across the lifespan.

Graduates of an Exercise Science program can work in a variety of careers (some may require additional training) including:

Athletic/personal training	Coaching at a school
Cardiac rehab specialist	Strength and conditioning
Recreational therapy	Corporate fitness
Sports information/marketing/journalism	Physical activity epidemiology

Students are prepared for success in select certification examinations such as the American College of Sports Medicine's Certified Exercise Physiologist and the National Strength and Conditioning Association's Certified Strength and Conditioning Specialist.

Please visit [stockton.edu/exsc](http://stockton.edu/exsc) for more information about the BS in Exercise Science program.

## THE CURRICULUM

The B.S. in Exercise Science requires 128 credits to graduate and offers a curriculum with a strong science foundation, including coursework in Biology, Chemistry, Anatomy and Physiology.

The program combines the study of exercise testing and prescription, exercise physiology and research methodology with supervised practical experiences.

Students gain practical experience in a professional setting through a senior internship. Stockton's professional partnerships and close proximity to numerous facilities offer a variety of hands-on opportunities.

Students obtain the knowledge, skills and abilities necessary to conduct and evaluate health and fitness assessments, design and implement exercise programs, and to monitor health and fitness changes over time.

For admissions criteria, application deadlines, course offerings and faculty information please visit [stockton.edu/exsc](http://stockton.edu/exsc)





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## OPEN HOUSES AND INFORMATION SESSIONS:

Please visit our website for more details about Open Houses and Information Sessions, including event dates and how to R.S.V.P.

**JOIN US FOR THE NEXT EVENT!**

## FOR INFORMATION ABOUT THE PROGRAM

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