Exercise Science

IU School of Physical Education and Tourism Management

ABOUT THE MAJOR

Exercise Science is the study of human movement and the associated functional responses and adaptations. In this context, an exercise scientist must understand the scientific basis underlying exercise-induced physiological responses. The field of exercise science involves disciplines ranging from the study of how organ systems work at the cellular level when confronted with disease, to improving the biomechanical efficiency of an employee working on an assembly line.

Skills and abilities this major develops includes: knowledge of human anatomy and physiology, communication skills, ability to analyze and problem solve, understanding of diversity, and principles of scientific research.

OPPORTUNITIES AFTER GRADUATION

Career Opportunities

There are a wide variety of career opportunities associated with a background in exercise science. In general, hiring of health and fitness professionals is expected to grow faster than average because of increased interest in preventative health, and an increase of chronic injury and illness in our older populations. Hiring of Exercise Physiologists is expected to grow by 11% between 2014 and 2024, and hiring of general fitness professionals is expected to grow by 8% in that time (Bureau of Labor Statistics).

Salary Information

Employment statistics depend on the specific industry in which a person is employed. According to the Bureau of Labor Statistics, the average salary for an exercise physiologist in the state of Indiana in 2016 was $45,990. The average starting salary for an IUPUI graduate with a degree in exercise science was $30,229 per year in 2016.

(This section is intended for informational purposes, not prediction of actual salary.)

Graduate & Professional School Paths

Exercise Science graduates might pursue advanced degrees in the following areas: Education, Business, Nutrition, Medicine, Biomechanics, Occupational Therapy,

WHERE TO GET MORE INFORMATION

IU School of Physical Education and Tourism Management
petm.iupui.edu

American College of Sports Medicine
www.acsm.org

Health and Life Sciences Advising Center
Hine Hall IP 241
hls.iupui.edu

Sample Coursework:

- Anatomy and physiology
- Nutrition for health
- Structural kinesiology
- Basic electrocardiogram for exercise sciences
- Biomechanics
- Fitness testing and interpretation

Possible Careers:

- Personal trainer
- Physical therapist*
- Strength and conditioning coach
- Wellness coach
- Cardiac rehabilitation specialist

* Career option requires additional training or education.

Where Could I Work?

- Hendricks Regional Health
- HealthFitness
- YMCA
- St. Vincent Health
- National Academy of Sports Medicine

Complementing Interests:

Social  Investigative  Realistic

Get your interest code at go.iupui.edu/interests

Have questions for Academic & Career Development? Schedule an appointment:
acd.iupui.edu  (317) 274-4856