

Exercise science is the study of physiological and functional adaptations that occur during and in response to exercise and human movement. At St. Ambrose, our exercise science major is rooted in the broad-based study of scientific principles and includes general study in biology, chemistry, physics, anatomy and physiology. Advanced courses are more specialized in the study of human movement, exercise physiology and scientific research. The exercise science major is very rigorous. An inquisitive mind and a strong background in science are required to successfully complete the program of study.

## Ambrose Advantages

As St. Ambrose, an exercise science major will discover that the program's major strengths include:

- > a rigorous base in fundamental scientific principles
- > opportunities to utilize your knowledge during your academic career through fitness programming and research with faculty
- > ideal preparation for further study in the health professions or graduate school

## Career Opportunities

Common career tracks range from the exercise practitioner in fitness to clinical settings. In addition, other disciplines find it helpful to include course work in exercise science. According to the American College of Sports Medicine, here is a sampling of career opportunities available in exercise science:

- > exercise physiologist
- > cardiopulmonary rehabilitation specialist
- > researcher

A degree in exercise science can be used as a pre-professional degree in the pursuit of the following:

- > physical /occupational therapist
- > chiropractor
- > medical doctor/doctor of osteopathy
- > physician assistant
- > athletic trainer
- > occupational physiologist

## Career Outlook

- > The need for exercise physiologists and athletic trainers is expected to grow 19 percent through 2022.
- > Exercise science majors frequently go on to become physical therapists, a fast growing profession that ranks 12th on the 100 Best Jobs 2018 list from U.S. News & World Report. The position paid a median salary of over \$85,000 in 2017, and the



projected job growth outlook is 28 percent, or 67,100 jobs, through 2026.

- > Occupational Therapy is another career track for exercise science majors and ranked 11th among the U.S. News & World Report Best Jobs of 2018. It offered a median salary of \$83,200 in 2017, and jobs are projected to grow by 24 percent through 2026, according to the U.S. Bureau of Labor Statistics.

## Where Some of Our Graduates Work

A few of the organizations that employ St. Ambrose exercise science graduates:

- > Trinity Regional Health System, exercise physiologist
- > Army Wellness Center, health educator
- > Alliance Rehab, exercise physiologist
- > Illini Restorative Care, physical therapist
- > Rock Valley Physical Therapy, orthopaedic resident

## **Your Career: Networking, Internships and Jobs in the Quad Cities**

The Quad Cities is a welcoming and fun place to live as a college student. And it is much more than that—it offers a great community to help you prepare for, or even start, your career. This area is a leader in healthcare, wellness and fitness, and provides a variety of opportunities for science and health sciences graduates. Several major hospitals and other healthcare providers need highly trained health specialists. St. Ambrose students have a wide range of clinical placement and internship options without leaving the area.

## **Get in Touch With Us Today**

We invite you to visit St. Ambrose to learn more about the opportunities here. Our quality academic programs provide one of the best private education values in the Midwest. Check it out for yourself: contact our Admissions Office, 563-333-6300 or [admit@sau.edu](mailto:admit@sau.edu), or go online to [www.sau.edu](http://www.sau.edu).

*St. Ambrose University offers a Bachelor of Science in Exercise Science degree. For complete curriculum information and course descriptions, consult the Course Catalog at [www.sau.edu/catalog](http://www.sau.edu/catalog).*