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## Career Pathway through Exercise Science

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Honors Senior Project

### Career Pathway through Exercise Science

As a new high school graduate, college student with an undeclared major or prospective college student of any kind, it can be difficult to know exactly what pathway to take entering into what is known as 'The Real World'. For those who are undecided not only about what major to declare, but also unsure of the career or profession they would like to pursue it is a challenge to anticipate the future and choose the right major. There is always the fear of declaring a major as a freshman in college and then having to change it partway through a student's college career. This could possibly set students back a few semesters from graduating in a timely and efficient matter. Although not every college degree is only four years long, many college students strive to achieve the minimal years required to graduate as it helps them financially. Individuals who have declared a future career may have difficulty choosing a major because the major that they choose will set them up for their future endeavors. Thus, deciding on the right major for their career path is a vital step in this life process. Researching about the various majors can be exhausting and tedious with some information being unclear from site to site depending on where you look. Talking with an advisor or someone who is well-informed about the different majors is a great way to start the search. To learn more about the prospective majors, a little research might be necessary to gain a better understanding. Thus, with respect to Exercise Science, a website has been created to allow prospective students to navigate the several possibilities this major has to offer in terms of post-graduate career options, post-graduate school options and career options related to the exercise science field.

Exercise Science is a major that introduces students to the natural way in which the body is able to perform, heal and improve the overall wellbeing of an individual. Courses related to the functioning of the human body are implemented in this major such as Human Physiology in which the body systems are evaluated at the physiological level. This may include analyzing how skeletal muscle functions within the musculoskeletal system, excitation of the

neurons in the nervous system to activate muscle functions, and the role of the cardiovascular system in maintaining adequate blood flow to provide nutrients to the body. There are several more body systems and functions taught throughout courses such as these. Kinesiology is another course that looks at the musculoskeletal system and how it moves the physical body. Along with courses that teach the basics of the human body, Exercise Science also introduces courses revolving around exercise prescription for both healthy and unhealthy populations. It allows you to begin to evaluate the roles of various professions from a class setting. Students are taught the proper way to prescribe exercise to healthy individuals based on height, weight and realistic goal setting. For unhealthy populations, students first learn how natural movement, exercise and healthy eating are essential to maintaining a healthy body or healing the body. With so many advances in the world of medicine, technology and science as a whole, society has begun to veer away from focusing on the initial treatment plan that is also the most effective: exercise and healthy eating. Thus, Exercise Science aims to teach students how the body itself is its own medicine for various chronic diseases. Therefore, courses are included that introduce prescribing exercise for chronic disease patients to improve their overall well-being. This major encompasses the functioning of the human body with the ability of the body to provide a healthy lifestyle and healing.

This major is not considered a professional major as it is one that does not directly lead to a career following graduation as a program such as nursing does. Exercise Science is a great stepping stone into so many career options following graduation with a Bachelor's Degree, as well as, continuing education through a Master's or Doctorate Degree program. For individuals who are undecided about their future career path, this major offers a variety of directions in the world of medicine. It is an ideal undergraduate major for pre-med students to pursue a career in medicine. It is also an optimal major for students who plan to apply for Physical Therapy Doctorate programs. Students who may not want to pursue a post-graduate degree have a plethora of options for finding a career that best suits them. In the world of fitness, this major can lead to a career in personal training, strength & conditioning, group fitness instructor, exercise physiologist and more. It also opens doors to advance in those areas as

some of these careers do not require any college education, thus, with a degree, students would be more likely to find a job.

The phase of choosing a major is a very important time in a young person's life as it very well determines the career in which they will pursue and the life they will live following graduation. Therefore, taking the time to evaluate a student's likes and dislikes and match those with a major is vital. But, with so many options it can be difficult to narrow it down to just one. Thus, this website is designed to give some assistance to students in analyzing the major of Exercise Science as a possible stepping stone along the path to their career.

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