



EXERCISE SCIENCE

Program Objectives

USM's College of Science, Technology and Health and the Department of Exercise, Health, and Sport Sciences offers a degree in Exercise Science with concentrations in health fitness or exercise physiology.

The program integrates scientific research, education, and practical application of exercise science to enhance and maintain physical fitness, health, and quality of life.

The Exercise Physiology concentration focuses on developing professional competencies that enable them to recognize and evaluate cardiovascular, pulmonary, and metabolic functions in diseased and healthy populations.

The Health Fitness concentration prepares students to develop and implement physical fitness programs in the commercial, community, corporate, and clinical settings.

Degrees & Concentrations Offered

Graduation Planner: usm.maine.edu/advising/degreeplanning

Degree Offered: Bachelor of Science

Major Offered: Exercise Science

Concentrations Offered: Exercise Physiology, Health Fitness

Department of Exercise, Health, and Sport Sciences

Gorham Campus, 221 Field House
(207) 780-5782

Web Address: usm.maine.edu/ehss

Career Possibilities*

Cardiopulmonary Rehabilitation
Chiropractic Physician
Director of Intramurals & Recreation
Director of Personal Training
Director of Sports Facilities
Exercise Physiologist
Exercise Program Director
Fitness Instructor
Fitness Program Coordinator
Health Educator
Health Fitness Instructor
Medical and Health Services Managers
Occupational Therapist
Personal Trainer
Physical Therapist
Physical Therapist Assistant
Strength & Conditioning Coach
Wellness/Health Promotion Director

* Additional education, training or experience may be required.

Acquired Transferable Skills

Active Listening
Complex Problem Solving
Critical Thinking
Instructing
Interpersonal Skills
Learning Strategies
Monitoring
Reading Comprehension
Speaking
Time Management
Writing

For more information on transferable skills go to:
usm.maine.edu/community-engagement-career-development/career-tools

What can I do with this major?*

AREA	EMPLOYERS	INFORMATION/STRATEGIES
PHYSICAL FITNESS	Health clinics Fitness centers Retirement centers	<ul style="list-style-type: none"> Maintain up to date knowledge of trends in fitness and safety practices. Obtain necessary certification in addition to CPR certification.
EXERCISE PHYSIOLOGY	Hospitals Health clinics Fitness centers	<ul style="list-style-type: none"> Maintain up to date knowledge of trends in fitness and safety practices. Obtain necessary certification in addition to CPR certification.
PHYSICAL THERAPY	Hospitals Clinics Home healthcare agencies	<ul style="list-style-type: none"> Build a solid foundation in physical, biological, and behavioral sciences. Develop excellent communication skills which are important when interacting with patients and their families.
OCCUPATIONAL THERAPY	Hospitals (including psychiatric & rehabilitative) Schools Group or private practice	<ul style="list-style-type: none"> Acquire a master's degree for community college teaching and a Ph.D. for colleges and universities. Acquire a master's degree in Occupational Therapy.
EDUCATION	Colleges and universities Athletic associations Research facilities	<ul style="list-style-type: none"> Master public speaking skills. Learn certification/licensure requirements for teaching public K-12 schools.
BUSINESS	Sporting goods manufacturers Exercise equipment manufacturers	<ul style="list-style-type: none"> Take additional courses in marketing, advertising, & public relations. Gain experience with public speaking and sales.
SPORTS MEDICINE	Hospitals Clinics Home healthcare agencies	<ul style="list-style-type: none"> Meet with a pre-health advisor to discuss curricular decisions. Maintain a high grade point average and secure strong recommendations for graduate or professional schools.

*To learn about these areas and much more visit: whatcanidowiththismajor.com/major • © 2011 What Can I Do With This Major

Enrichment Opportunities

Internships

For more information contact the Department of Exercise, Health, and Sport Sciences.
usm.maine.edu/cecd

Study Abroad

For more information contact the USM Office of International Programs.
usm.maine.edu/international/study-abroad

Clubs & Organizations

Exercise Science Student Association
Pre-Medical & Health Student Society
For a complete list of student organizations:
webapp.usm.maine.edu/pathways/list

USM Corporate Partners

The USM Corporate Partners are over 350 business people, from nearly 100 companies. usm.maine.edu/corporatepartners

Helpful Career Links

USMCareerConnections:

USM's career network for job and internship searches. usm.maine.edu/community-engagement-career-development/usmcareerconnections

O*NET OnLine:

Learn more about a career opportunity by researching it with O*NET. onetonline.org

Occupational Outlook Handbook:

Learn more about a career opportunity by researching it with OOH. bls.gov/ooH

PROFESSIONAL ASSOCIATIONS To name a few...

[Aerobics and Fitness Association of America](#)

[American College of Sports Medicine](#)

[American Society of Exercise Physiologists](#)

[American Fitness Professionals & Associates](#)

[Clinical Exercise Physiology Association](#)



PORTLAND • GORHAM • LEWISTON • ONLINE

Office of Community Engagement and Career Development • usm.maine.edu/cecd

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