

explore majors with OAAS!

The Office for Academic Advising Support
773-325-7431



Major: Exercise Science, BS

In Exercise Science, students explore scientific principles to acquire knowledge and hands-on experience related to human movement, nutrition, exercise, client assessment, performance enhancement, and prevention and treatment of injuries. This degree allows students to continue their education in health, sports, and fitness, or enter a field related to health and wellness.

What skills do students develop in this program?

Examples of skills developed in Exercise Science include exercise assessment, nutritional principles related to exercise and sports, patient and client interpersonal relationship management, performance enhancement, prevention and treatment of sports injuries, and professional ethics and behavior.

What kind of student is a good fit for Exercise Science?

Exercise Science is a good fit for students wanting to expand their knowledge and interest in sports, fitness, exercise, recreation, and health and wellness fields. Additionally, students majoring in Exercise Science can be interested in continuing their education in exercise and health fields such as physical therapy, occupational therapy, sports medicine, coaching, and personal training.

Are there any popular classes in the program that you would suggest or recommended classes for a student who is just starting to explore the major?

Activities-based classes are a great place to start with this major, such as:

- KNES 160: Aerobic Conditioning
- KNES 166: Weight Training
- KNES 171: Fitness and Conditioning

Foundational classes that can be explored early on are:

- KNES 206: Personal and Community Health
- KNES 273: Nutrition and Health

What are examples of internships and/or research opportunities that students in this major are currently working on or have access to as majors in this program?

Students are required to complete a 400-hour internship at the end of their course requirements. These internships are commonly done in physical therapy/occupational therapy clinics, university sports medicine and sports performance departments, sports teams, chiropractic clinics, private gyms, corporate fitness, and youth sports clinics and/or camps.

What are students doing after graduation?

Students often go on to further their education in a medical field (Physical Therapy/Occupational Therapy) or sports performance, athletic training, or sports nutrition. Students who move directly to their respective fields can attain employment as personal trainers or management in corporate fitness centers, private and commercial gym settings, coaching, community health and wellness, physical therapy, or occupational therapy clinics.

Other interesting facts about the Exercise Science major?

This major provides a unique opportunity to explore working in different exercise science fields throughout your coursework to help solidify your career interests. Many related degree programs focus primarily on science-based courses required to further your education while DePaul's Exercise Science curriculum holistically explores what it is like to work with athletes, patients, and clients in the field.

