





EXERCISE SCIENCE

MAJOR MAP

Bachelor of Science



Southwest Baptist
UNIVERSITY

	FRESHMAN	SOPHOMORE	JUNIOR	SENIOR	CAREER POSSIBILITIES
 <p>Grow ACADEMICALLY</p>	<p>Investigate introductory major courses like BIO 1004 Principles of Biology, ESC 1013 Introduction to Exercise Science, and KIN 1163 Foundations of Fitness for Professionals.</p> <p>Familiarize yourself with your department by getting to know the professors and other students within your major.</p>	<p>Ask your advisor about opportunities you have in your coursework like Chemistry I & II and Physics I & II. These courses will be helpful if you are considering graduate school.</p>	<p>Consider what internship opportunities you have available.</p> <p>After the completion of this year, fulfill your ESC 4986 Exercise Science Internship credit.</p>	<p>Assess what courses you need to complete before graduation. ESC 4001 Exercise Science Capstone and ESC Exercise Science Practicum should be taken in your final year.</p>	<p>Physical Therapist</p> <p>Occupational Therapist</p> <p>Cardiac Rehab Nurse</p> <p>Personal Trainer</p> <p>Physician's Assistant</p>
 <p>Pursue SERVANT LEADERSHIP</p>	<p>Participate in student organizations and professional associations like Pre-PT club.</p> <p>Be involved in your residence hall, an intramural sport, and other campus-wide events.</p>	<p>Consider volunteering on campus or with a community organization.</p>	<p>Take responsibility in your extra-curricular activities. Consider a leadership role within your club/organization or make a new member feel welcome.</p>	<p>Spread the word about what clubs/organizations/events you have enjoyed at SBU and help others get connected on campus.</p>	<p>Strength and Conditioning Coach</p> <p>Dietitian</p> <p>Dietetic Assistant</p> <p>Chiropractor</p> <p>Researcher</p>
 <p>Embrace OUR GLOBAL SOCIETY</p>	<p>Visit SBU's Center for Global Connections to learn about global service opportunities.</p>	<p>Are you interested in studying abroad? Ask your advisor or Career Services about study abroad opportunities.</p>	<p>Explore another culture or improve your language skills by taking a class or being involved with the Center for Global Connections.</p>	<p>Assess what opportunities, locally and globally, are available upon graduation.</p>	<p>Health Coach</p> <p>Athletic Trainer</p> <p>Fitness Instructor</p> <p>Massage Therapist</p>
 <p>Plan for YOUR FUTURE</p>	<p>Gather information on careers you are interested in pursuing. Use the Occupational Outlook Handbook to discover information and job projections.</p> <p>Discuss your career interests with an advisor and research job options so that your goals can direct your class and internship selection.</p>	<p>Schedule an appointment with Career Services for information on building your resume and cover letter.</p> <p>Begin exploring options you have for your internship by attending career fairs and building your career network.</p>	<p>Plan your internship by the second semester of your junior year.</p> <p>Explore graduate schools and understand the prerequisites if you desire to continue your education.</p> <p>Consider obtaining an NSCA certification in Strength and Conditioning or Personal Training.</p>	<p>Finalize your résumé and cover letter.</p> <p>Apply to graduate school and pursue internships in areas in which you would like a career.</p> <p>Complete Chemistry II and Physics II before sending in an application to your chosen graduate school.</p>	<p>Family Medicine</p> <p>Orthopedic Physician</p> <p>Orthopedic Surgeon</p> <p>Sports Psychologist</p> <p>Physical Therapy Aide</p>