



BACHELOR OF SCIENCE IN EXERCISE SCIENCE

Graduate Study

- Athletic Training
- Cardiac and Pulmonary Rehabilitation
- Chiropractic Medicine
- Exercise Physiology
- Health Psychology
- Occupational Therapy
- Physical Therapy

Career Paths

- Athletics Coach
- Corporate Wellness
- Fitness Trainer and Instructor
- Health Coach
- Recreation Therapist
- Wellness Coordinator

OPTIMIZE BODIES AND FAITH WITH EXERCISE SCIENCE

As an Exercise Science major at SWU, you'll integrate faith, science, and practical experience to help individuals reach their highest physiological potential. You'll study how the human body functions and delve into the ways psychology, spirituality, and emotional health intersect with disease prevention, rehabilitation, and overall quality of life.

Our dedicated faculty provide individualized attention and mentorship, guiding you as you prepare for a variety of potential career paths—physical or occupational therapy, cardiac rehabilitation, fitness management, and more. A faith-filled, hands-on curriculum ensures you'll graduate ready to apply your knowledge, culminating in a dynamic internship where you'll gain real-world experience alongside clinical exercise science or fitness professionals.

SWU's curriculum aligns with recommendations from the American College of Sports Medicine (ACSM), the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR), the American Physical Therapy Association (APTA), and the American Occupational Therapy Association (AOTA).

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