



EXERCISE SCIENCE AT CENTRAL



YOUR MAJOR IS JUST THE BEGINNING.

Central's strong academic programs ensure you have a solid foundation in your area of interest. But there's much more. We know you want meaningful experiences – not just lectures – that will prepare you to go out into the world and make an impact after graduation. You'll go beyond your major with hands-on experiences, classes in multiple disciplines and mentors to help you figure it all out.

You'll learn from faculty who are experts in their fields, but you may also partner with them on research projects. No matter your major, you'll have room in your schedule for study abroad, internships and exploration – you'll never be forced onto a narrow academic path. Central is where you'll discover the future you want to pursue.

DISCOVER WHICH PATH IS RIGHT FOR YOU.

Exercise science majors study physical activity and its impact on health, society and quality of life. Central's athletic training program prepares you to sit for the Board of Certification exam and attend top graduate programs across the nation, perhaps becoming a trainer or physical therapist.

EXERCISE SCIENCE MAJORS
CAN STUDY HEALTH
PROMOTION, HEALTH AND
EXERCISE SCIENCE, PHYSICAL
EDUCATION OR STRENGTH
AND CONDITIONING.

100%
OF OUR RECENT GRADS
HAVE PASSED THE BOARD
OF CERTIFICATION EXAM.

Athletic training majors leave
Central with board certification,
which is unique when compared
to other schools' programs.

THE CENTRAL DIFFERENCE

- Conduct research with faculty
- Opportunity to create an honors thesis during your senior year
- Faculty mentor those interested in pre-health to ensure you're prepared
- Robust job-shadowing opportunities with hands-on learning
- Complete coursework or intern while studying abroad

EXERCISE SCIENCE FAQ's

Can I major/minor?

✓ Major ✓ Minor

What are related majors/minors?

Psychology
Biology
Communication Studies

What skills will I learn?

Laboratory work
Clinical proficiency
Injury assessment
Research

What are the most popular classes I can take?

Exercise Science

Exercise Physiology
Stress Management
First Aid and Sports Injuries

Athletic Training

Therapeutic Exercise
Sports Nutrition
Human Anatomy
and Kinesiology

How can I get involved?

CAAT (Club Associated with
Athletic Training)

Exercise Science Club
Health Professions Club

What kinds of jobs do graduates get?

Athletic trainer, Chicago Cubs
Organization, Chicago, Ill.

Assistant athletic trainer, Green
Bay Packers, Green Bay, Wis.

Doctor of physical therapy,
Des Moines

Health coach, Healthways,
Des Moines

Strength and Conditioning
Coach, Brown University,
Providence, R.I.

**[www.central.edu/
majors](http://www.central.edu/majors)**