
What is Exercise Science?

Exercise Science prepares student to enter career areas where exercise is an integral part of general health and human performance. Such areas include corporate health-wellness, private health-fitness clubs, diverse non-profit fitness-wellness agencies such as YMCA's, and athletic performance including strength and conditioning.

What can I do with a Degree in Exercise Science?

A degree in Exercise Science can prepare someone to work as a personal fitness trainer, athletic trainer, exercise physiologist, recreational therapist, aquatic therapist, physical education teacher, coach, etc. Some graduates go on to apply to Physical Therapy programs (this typically requires additional science prerequisites).

Kinesiotherapists and Exercise Scientists often work under the supervision of a physician. Using exercise, they help patients who suffer from health problems such as a chronic disease, spinal injuries, or even just the effects of aging. Programs in exercise science and kinesiotherapy prepare people to teach others how to exercise. Students learn to treat health problems such as disease, disorders, and injuries using exercise as therapy. They also study body mechanics and learn to manage exercise programs.

Related Majors

Athletic Training
Exercise Physiology
Physical Therapy
Occupational Therapy
Kinesiology

Where can I study Exercise Science?

Exercise Science bachelors degree are offered at the following universities (some programs may include an emphasis in Nutrition): Bastyr U, Central Washington U, Seattle Pacific U, Seattle U, Eastern Washington U, Gonzaga U, and U of Puget Sound. Kinesiology bachelors degrees are offered at Western Washington U, Pacific Lutheran U, and Whitworth U. Many schools offer pathways to Physical Education as well as to Physical Therapy and other graduate opportunities.

How do I get started?

We are here to help you get started on your path to earning a degree in Exercise Science! Bellevue College does not have an Exercise Science specific degree but students may complete prerequisites at BC by starting with the Associate in Arts & Sciences Direct Transfer Agreement (AAS-DTA) degree.

After determining the university you are interested in attending, you should carefully select courses for Exercise Science. For assistance with educational and class planning please meet with your advisor.

Step One: Research

Making an informed decision about a major requires active research. Here are steps you should complete while determining whether a degree in Exercise Science is the best fit for you:

- Log on to WOIS.org (from the BC network) or use the internet occupations O*NET (onetonline.org) to learn more about wages, job trends, skills, abilities, and demands for working after earning your degree in Exercise Science.
- If you wish to pursue a degree in Exercise Science after researching the career, please review individual college websites to learn the unique entry requirements for each program. There are usually a number of prerequisites to complete, minimum GPA requirements, and possibly even volunteer or other experience required before applying.
- Every college and major concentration **may require different prerequisite courses** to be completed prior to enrolling in an Exercise Science program. For more info, contact a departmental representative at your desired college.

Step Two: Pick a BC Degree

As a transfer student, you not only have the responsibility of researching the prerequisite courses required for Exercise Science, you should also consider a transferrable BC associates degree that can include all of your prerequisites.

Please review the degree you will use with your funding source, especially if using Financial Aid, the GI Bill, or Workforce Education funding, as some restrictions may apply.

Though it is not always required to complete a transfer associates degree to prepare for Exercise Science, if this is your plan, the degree with the most flexibility to meet Exercise Science prerequisites is the **Associate in Arts & Sciences Direct Transfer Agreement (AAS-DTA)** degree.

Step Three: Make a Plan

The table below has a list of typical prerequisite courses for many Washington Exercise Science/Kinesiology programs. Among the different programs the **prerequisites can vary widely**. The table also does not include prerequisites for the listed courses. It is the responsibility of the student to contact the university programs to verify correct prerequisites and general university admission requirements and coursework. In some cases, additional classes may need to be taken at the transfer institution.

Math	Chemistry	Biology	Additional Courses	General Education
<ul style="list-style-type: none">• MATH 141OR• MATH 148 • MATH 130	<ul style="list-style-type: none">• CHEM 161, 162, 163• Many accept CHEM 121 and CHEM 131	<ul style="list-style-type: none">• BIOL 160 (some schools may require BIOL 211)• BIOL 241, 242• BIOL 260	<ul style="list-style-type: none">• NUTR 101• PSYC 100• PHYS 114 (prerequisite is MATH 142)• CMST 220• HLTH 250	<ul style="list-style-type: none">• ENGL 101, ENGL 201• Humanities and Social Sciences required to complete the AAS-DTA * <p>*Note that Bastyr U requires a transfer degree to be completed for admission</p>

For most new students, an ideal first quarter schedule should include courses in Math and English, and depending on COMPASS Math placement level, a Chemistry course.

It is also important to research school application deadlines. Schools offering Exercise Science programs can vary on when they accept applications and when they accept/enroll students into the program. Please research the starting dates and application deadlines carefully as those should be an important factor in considering your academic preparation and when you need to complete your prerequisites.

Now that you have had a chance to review your prerequisites, the degrees offered at BC, and the application deadlines to your program, a great next step is to meet with an adviser.

To schedule an appointment with an advisor, you can stop by the Academic Advising front desk located on the second floor of the Student Services building (the B building) or you can call 425-564-2212 to get connected to an advisor specializing in your interests.

This is an unofficial guide only, designed to prepare students for entry into Exercise Science programs. It is the student's responsibility to research and communicate with all community college and university programs to which he/she intends to apply to establish prerequisites and admission requirements, as they vary and are subject to change without notice.

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