Exercise Science

MAJOR MAP

NDSU NORTH DAKOTA STATE UNIVERSITY

B.S.

Curriculum Guide

	1ST YEAR	2ND YEAR	3RD YEAR	4TH OR FINAL YEAR
NAVIGATE COURSEWORK	Complete HNES 170 – Introduction to Exercise Science to learn about the field. Complete prerequisite courses for professional program. Curriculum Guide	Complete prerequisite courses for the professional program in fall semester. Apply to professional program at the end of fall semester. Application Overview	Professional status exercise science courses, complete remaining general education requirements, take prerequisite courses for graduate school if needed.	Complete professional status exercise science courses. Complete internship in the spring semester of senior year
DEVELOP SKILLS THROUGH EXPERIENCE	Explore connections between careers and majors. Explore student organizations to join, aligned with career direction. See NDSU Clubs Directory for ideas.	Consider an on- or off-campus job or volunteer opportunity to expand experience. Consider joining Exercise Science Club or other NDSU clubs related to your interests	Learn professional etiquette and how to write a proper resume, cover letter, and thank you note.	Investigate requirements for full-time jobs or other opportunities related to careers of interest. Assess experiences you are lacking and fill in gaps with volunteering, clubs, internships.
SEEK OUT CONNECTIONS	Consider volunteering with a community organization related to your major. Attend clubs & organizations fair — and consider joining one. See Clubs Directory for descriptions.	Begin networking with professionals in targeted field. Join a targeted professional association/club/organization.	Join a student chapter of a professional association in your field. Consider a leadership position in a professional association/club/organization.	Connect with people who can help you materialize your post-graduation plan. Ask for referrals from people working in fields of interest to gain access to people in organizations you wish to pursue.
UNDERSTAND BROADER PERSPECTIVES	Explore self, including personality, strengths, interests, and skills.	Volunteer with a community organization that helps others in need.	Build your intercultural competence by getting involved with other cultures or by improving your language skills.	Pursue position types that fit your career goals and current background.
GO! BUILD YOUR FUTURE	Struggling with career or program decisions? Go to orientation sessions, visit with Academic Advising, visit with the Career Center, and attend Career Fairs during the year.	Create a LinkedIn profile, build out LinkedIn connections, begin search for possible internships/jobs and learn requirements for these positions.	Begin to streamline your career focus area. Research education and experience requirements for careers of interest. If needed, prepare to take a graduate school test or other certification exams.	Solidify post-graduation plan and apply for jobs, graduate school, or additional training. Get help from the Career Center with job searching, resumes, letters, interviews, grad school apps, etc.

CONSIDER A SUMMER JOB OR INTERNSHIP

Where could I go after graduation?

--Exercise Physiologist
--Clinical Exercise Physiologist
--Cardiac Rehabilitation
--Personal Trainer
--Strength and Conditioning Coach
--Sports Performance Specialist
--Wellness Coach
--Wellness Coordinator
--Fitness Center Manager
--Worksite Health Promotion
--Professional
--Biomechanist

Graduate School:
-Exercise Science (MS, PhD)
-Athletic Training (MS)
-Physical Therapy (DPT)
-Occupational Therapy (DOT)
-Physician's Assistant (PA)
-Medical School (DO, MD)

*Some careers may require additional training

Last Updated: 07/16/2018