

EXERCISE SCIENCE

Overview

Degrees Offered: Program Certificate

Program Begins: Fall, Spring

Delivery Method: Online, On Campus

Phone: 701-224-2429

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Description

A Program Certificate in Exercise Science provides students with a well-developed foundation in exercise sciences, nutrition, and wellness. In addition, students will gain direct field experience through co-op/internship opportunities. The certificate is designed for students looking to enter the fitness industry.

This certificate can be bundled with other certificates toward an Associate in Applied Science (AAS) degree in Exercise and Sports Studies. Additional certificate options within the AAS degree plan include: Sport Entrepreneurship, Sport and Fitness Management, and Clinical Exercise Science.

Preparation

Students might consider high school courses in biology, anatomy, physical education, and computers to assist them in college study. However, these are not mandatory for success.

Requirements

Students who complete the curriculum requirements receive a Program Certificate in Exercise Science. The courses within the certificate lead directly into the Associate in Applied Science degree in Exercise and Sports Studies.

Career Opportunities

The future professional workforce of the sports and exercise industry is evolving as digital technology advances. This not only creates skill gaps of current workforce but also creates new job opportunities as these traditional jobs have been transformed. Career opportunities exist as exercise specialist, exercise technician, etc.

Degree Plans

- Exercise Science Program Certificate

Program Learning Outcomes

Upon graduation, Exercise Science students will be able to:

- Demonstrate an understanding of the human body and how it functions.
- Detail an understanding of physical activity as it relates to the overall fitness of the human body.
- Demonstrate effective communication skills.