

# EXERCISE AND SPORTS STUDIES

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## Program Description

With a career in exercise and sports studies, you can turn your passion for health and exercise into a lifelong career. This program provides the foundational concepts of kinesiology, sports and performance psychology, and sociological challenges in the sports and fitness industry. In addition, students will gain direct field experience through co-op/internship opportunities.

This degree is designed for students to choose a combination of up to 2 certificates and general education courses which, when bundled, provide an area of focus to build their own customized AAS degree.

Certificate options within the AAS degree plan include Exercise Science, Sport Entrepreneurship, Sport and Fitness Management, and Clinical Exercise Science.<sup>1</sup>

## Preparation

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

## Program Requirements

Students who complete the curriculum requirements can earn an Associate in Applied Science degree.

## 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 sport performance specialist, personal training coordinator, sports or Esports coach, wellness coach, event specialist, ticket specialist, facility manager, sports and marketing specialist, and sport retail manager.

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Please note this is a 32-credit hour certificate. With this certificate, students would not be required to take an additional certificate.

## Contact

701-224-2429

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## Degree Plans

- Exercise and Sports Studies Associate in Applied Science