

Exercise & Sport Science

at Coastal Carolina University

What does an exercise and sport science major study?

The exercise and sport science program provides students with a well-rounded background in the human movement sciences. Students acquire the knowledge, skills and abilities necessary to lead others in the area of health-enhancing physical activity and movement. The program's foundation courses in areas such as biology, anatomy, chemistry and psychology provide a scientific basis for human movement, while the major courses in areas such as biomechanics, exercise physiology, sport/exercise psychology, exercise testing and prescription, strength and conditioning, and motor behavior introduce students to the multidisciplinary study of movement.

Why study exercise and sport science at Coastal Carolina University?

- There is rapid growth in the fitness/wellness industry, sport sciences and allied health care professions. This growth creates a need for graduates with specialized training and a wide variety of exciting career opportunities.
- Students may focus their study to prepare for direct entry into the health/fitness industry (e.g., exercise physiologist, corporate fitness, personal trainer), for graduate/advanced study in the sport sciences (e.g., sport psychology, biomechanics, exercise physiology), or for entry into health or medical-related fields (e.g., physical therapy, occupational therapy, cardiac rehabilitation).
- Students will complete their undergraduate education with a full-semester supervised internship that aligns with the student's career goals.
- At the completion of academic study, students will sit for a nationally-recognized certification exam recognized as a key credential in the job market (American College of Sports Medicine's Health Fitness Specialist).
- There are exciting opportunities to gain hands-on skills and abilities in the state-of-the-art exercise science laboratory. Students can become involved in the community fitness testing program or assist faculty in research projects (<http://www.coastal.edu/hper/exercise/>).
- The local region offers unique opportunities for professional development while studying at Coastal Carolina University such as the chance to work with the aging population in fitness and physical therapy areas. The planned growth in fitness/wellness centers in the region (e.g., Grand Strand YMCA, North Myrtle Beach Aquatic and Fitness Center) provides increased opportunities for exercise and sport science students.

What are some career options for exercise and sport science majors?

- Fitness Industry: Fitness leader, personal trainer, fitness equipment salesperson, or center manager.
- Corporate/Employee Wellness: Wellness coordinator, exercise physiologist or fitness director.
- Physical Rehabilitation: Physical therapist, cardiac rehabilitation specialist or occupational therapist.
- University/College: Strength and conditioning coach, campus fitness director or laboratory coordinator.

Whom can I contact for more information?

- Greg Martel, program coordinator, 843-349-2957 or gmartel@coastal.edu
- You can also obtain more information at www.coastal.edu/education.

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