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Exercise and Sport Science

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/hkss>).
- The local region offers unique opportunities for professional development while studying at Coastal Carolina University such as the chance to work with a variety of populations in the areas of health, fitness and rehabilitation. The explosive growth in fitness/wellness and physical rehabilitation centers in the region provides numerous 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?

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