



# Exercise Science, BS

Bachelors degree

Exercise science is a rapidly growing field. In studying exercise science, you will learn to scientifically address issues of health, fitness, and human performance.

You can choose from two track options to develop the skills needed for professional practice:

- **Clinical Track** - utilize exercise to help people recover from and manage chronic health conditions.
- **Athletic Track** - train and maintain athletes of all levels, especially those performing at intense levels of competition.

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Rochester Institute of Technology

## With an Exercise Science degree, you are prepared to:

- apply to professional degree programs or medical school;
- enter graduate schools for further study;
- pursue professional certification as a Certified Strength and Conditioning Specialist (CSCS), a respected strength conditioning credential;
- work with people of all ages, cultures, educational, health, and fitness levels, while practicing in diverse settings, such as:

Athletic organizations

Medical clinics

Universities

Wellness programs

Private practice

Hospitals

Health & fitness facilities

Research facilities



## Opportunities for Hands-on Experience

The **Human Movement Lab** houses state-of-the-art equipment utilized by exercise science students to gain hands-on experience conducting fitness assessments.

The **VICON Motion Capture System** allows students to analyze human movement using biomechanical principles, computer technology, and sports specific protocols.

The **RIT Tiger Den** is the strength and conditioning gym for RIT's varsity athletes. Exercise Science students can work in the Tiger Den, gaining practical experience working with athletes.

You also have opportunities to work as a **Fitness Specialist** in RIT's fitness centers.

# Ready to learn more? Reach out today!



[rit.edu/ExerciseScience](http://rit.edu/ExerciseScience)

# RIT

### Contact Information

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