



Careers in Exercise Science

Bachelor's Degree

A bachelor's degree in Exercise Science can allow you to work in certain clinical, health and wellness, and health care settings. This degree will also prepare you for graduate programs in occupational therapy, athletic training, and physical therapy.

*Here are some examples of careers that may require or prefer a degree in Exercise Science. **Note that other certifications often are required in addition to your degree. You will need to do further research about certifications are required for your desired career field.***

- Fitness Specialist
- Fitness/Wellness Instructor
- Personal Trainer
- Wellness Program Manager
- Health and Wellness Coach/ Lifestyle Coach
- Exercise Physiologist/Specialist (often specialized and certified in Cardiac Rehab)

Graduate School Degrees

Physical Therapy, D.P.T.

A doctorate degree in Physical Therapy is required to become a licensed Physical Therapist. Though there is not a specific bachelor degree major requirement for admittance into a PT program, a student needs certain pre-requisite courses in the field. Graduate programs will also be looking for candidates with volunteer hours, participation in professional organizations, research, and internship and work related experience. Programs require PT observation hours though the minimum number of hours vary by graduate program. The majority of physical therapy graduate programs require the GRE (Graduate Record Examination) and reference letters from professional sources. Further information for graduate programs within the United States can be found on the Physical Therapist Centralized Application Services' website: <http://aptaapps.apta.org/ptcas/allreferences.aspx>

For the Exercise Science: Pre-physical therapy major, you will complete 6 courses that meet the course pre-requisites of the Physical Therapist Centralized Application Service

Occupational Therapy, M.S.

A master's degree in Occupational Therapy is required to become a licensed Occupational Therapist. Though there is not a specific bachelor degree major requirement for admittance into an OT program, a student needs certain pre-requisite courses in the field. Graduate programs will also be looking for candidates with volunteer hours, participation in professional organizations, research, and internship and work related experience. Programs require PT observation hours though the minimum number of hours vary by graduate program. The majority of occupational therapy graduate programs require the GRE (Graduate Record Examination) and reference letters from professional sources.

For the Exercise Science: Pre-occupational therapy major, you will complete 6 courses that meet the course pre-requisites for admittance into graduates programs as typical for Michigan programs.