

Applied Exercise Science & Health

Students in the applied exercise science and health degree program will prepare for careers in this broad field that could include cardiac rehabilitation, gerontology, medically supervised fitness, strength and conditioning, personal training, group exercise instruction, community health and sport fitness management. Students will share a strong foundational core of classes and choose a concentration area in their junior year for advanced course work leading to career advancing knowledge, and/or preparation for nationally recognized certifications and graduate degree admissions.

Skills and Competencies

Following completion of the Applied Exercise Science & Health degree, students will have advanced preparation for employment, professional certifications, and graduate school admissions. Clinical Applied Exercise Science concentration will prepare students for careers in cardiac rehabilitation, medically supervised fitness, and gerontology. The Community Health concentration will prepare student for careers in health education that are both for-profit and non-profit. Students pursuing the Sport & Fitness Management concentration will prepare for careers in sport administration, sport marketing, and for-profit and non-profit fitness management. Sport Performance and Fitness Leadership concentration will provide students with skills and knowledge to be successful in strength and conditioning, personal training, group exercise instruction, and sport specific training.

Course Work

This degree includes the following courses as part of the program requirements, and specific major requirements along with general education courses and graduation requirements.

Core Courses

HL101	Medical Terminology (2 cr.)
HL110	Intro to Health & Fitness (2 cr.)
HL111	Lifespan Health (3 cr.)
HL125	Emergency Health Care (3 cr.)
HL260	Applied Sport & Exercise Psych (3 cr.)
HL440	Critical Issues in Health Education (3 cr.)
HL490	Seminar in Applied Exercise Science & Health (1-4 cr.)
HL491	Internship (2 cr.)
ES315	Physiology of Exercise (4 cr.)
HP200	Physical Well Being (1 cr.)
CH105	Chemical Principles (4 cr.)
HN210	Nutrition for Humans (4 cr.)
MA109	Intro to probability & Statistics (4 cr.)
PL181	Business Ethics (4 cr.)
PSY100	Intro. to Psychology (4 cr.)
BI 207	Human Anatomy & Physiology 1 (4 cr.)
BI 208	Human Anatomy & Physiology 2 (4 cr.)

Concentrations (19-21 cr.)

Clinical Exercise Science (19 credits)
HL 315 Research Methods in Health (3 cr.)
HL 460 Management of Chronic Diseases (3 cr.)
HL 461 Cardiopulmonary Physiology & Pharmacology (3 cr.)
HL 470 Electrocardiography (3 cr.)
HL 471 Exercise Assessment & Prescription (4 cr.)
ES 476 Exercise and Fitness for Special Populations (3 cr.)

Community Health (21 credits)

HL 240 Community Health (4 cr.)
HL 250 Applied Health Theory (3 cr.)
HL 311 Health Communication (3 cr.)
HL 315 Research methods in Health (3 cr.)
HL 367 Program Planning & Evaluation I (3 cr.)
HL 368 Program Planning & Evaluation II (3 cr.)
HL 430 Grant Writing in Health Educators (2 cr.)

Sport and Fitness Management (19 credits)

ACT 230 Principles of Accounting I (4 cr.)
MGT 240 Organization Behavior & Management (4 cr.)
MKT 230 Introduction to Marketing (4 cr.)
HL 431 Sport and Fitness Management (3 cr.)
MGT, MKT, FIN, ACT or ESPR with Advisor Approval (4 cr.)

Sport Performance and Fitness Leadership (21 credits)

HL 275 Personal Training (3 cr.)
HL 230 Fitness Leadership (3 cr.)
HL 471 Exercise Assessment and Prescription (4 cr.)
ES 317 Anatomical Kinesiology (3 cr.)
ES 421 Physiology of training for sport (3 cr.)
ES 475 Theory of Strength and Conditioning (3 cr.)
HN 310 Nutrition for fitness & sports (2 cr.)

Detailed course descriptions can be found at www.nmu.edu/bulletin.

Career Development

You should begin the resume-building process as soon as you can. The Academic and Career Advisement Center can assist you with career planning, while Career Services will help you fine tune your resume and look for jobs related to your field. In the meantime, the more hands-on experience you have, the better the chances are that you will find a job. Becoming involved in a professional related internship is a way to develop your professional skills and gain experience. Your academic course work is important as well, so be sure to maintain a high grade point average.

Additional Considerations

Take advantage of internship opportunities. Successful completion of the Certified Health Education Specialist Exam will enhance your opportunities for employment in community health. Flexibility within the Community Health Education degree allows for a double minor. Consider a minor or a cluster of classes to facilitate your work as a Community Health Educator in an entrepreneurial business setting.

There are many options in regard to graduate school for Community Health Educators. You may want to look into a dual Peace Corps/Master's in Public Health Degree. Be sure that you complete entrance exams/applications for graduate school early.

Job Outlook

Starting salaries are contingent upon geographic location and the individual applicants work experience and initiative, and usually range from \$25,000 to \$50,000. The field is expected to grow by 26% and is considered faster than average in regards to growth and opportunity. The increased need for health care has likewise increased the need for workers in the field.

Potential Careers

NMU's Applied Exercise Science and Health Program prepares students for employment in the following careers:

- Cardiac Rehabilitation
- Corporate Wellness
- Health Clubs
- Health Education Consultant
- Hospitals
- Lifestyle Coaching
- Mental Performance Consulting
- Strength and Conditioning
- Personal Training
- Group Exercise Instruction
- Gerontology
- State and Local Health Departments

Additional Resources and Information

For Career Planning and Opportunities:
Academic & Career Advisement Center
3302.1 C.B. Hedgcock
906-227-2971
www.nmu.edu/acac

School of Health and Human Performance
201 PEIF
906-227-2130
www.nmu.edu/hhp

For Job Search, Resume and Career Information:
Career Services
3302.3 C.B. Hedgcock
906-227-2800
www.nmu.edu/careers

For Information about NMU Student Organizations Associated with this Major Contact:
Center for Student Enrichment
1206 University Center
906-227-2439
www.nmu.edu/cse

Health Promotions Society
<http://myweb.nmu.edu/~hps/HPIndex.htm>

Internet Resource Links:
www.careers.org
www.bls.gov

For Career Information with National Organizations:
www.cfusion.sph.emory.edu/PHEC/phec.cfm
-Public Health Employment Connection
www.nchec.org -The Nat. Commission for Health Education Credentialing

Society for Public Health Education (SOPHE)



**NORTHERN MICHIGAN
UNIVERSITY**

MARQUETTE, MICHIGAN

The Academic & Career Advisement Center
2021



What to do with
a major in...

Applied Exercise Science & Health

