

# Sports Science

Are you the type of person who likes sports? Do you like to help people? Do you have an interest in science? If you answered "yes" to these questions, a degree in Sports Science may be for you. Northern Michigan University offers a baccalaureate degree in Sports Science. The undergraduate program in sports science is designed to prepare students for graduate study in specific disciplines such as exercise physiology, biomechanics and sport nutrition. The sports science curriculum can also be an excellent preparation for collegiate coaches.

## Skills and Competencies

One who majors in Sports Science must have a good background in chemistry, biology, and physics. Knowledge in first aid, communication skills, sports, psychology, and physiology are also relevant. Sports Science majors must be prepared to do the following: provide scientific analysis of the performance capability of athletes, work with coaches to develop programs to help athletes get in the best possible condition, and educate athletes on the best nutrition and eating strategies to maximize success.

A Sports Science major is not limited to areas of physical conditioning. The major is designed as a graduate school preparation program which can lead to further study in a number of areas. Many current students use Sports Science as preparation for graduate study in Medicine and Physical Therapy. Others progress into Masters or Doctoral programs in Biomechanics, Exercise Physiology or Nutrition. Specific careers that the Sports Science B.S. degree alone may fit include Strength and Conditioning coaches with university athletic programs and limited positions with specific sport national governing bodies.

## 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

- HP200 Physical Well Being (1 cr.)**
- Health Promotions Activity Course (1 cr.)**
- CH111 General Chemistry I (5 cr.)**
- CH112 General Chemistry II (5 cr.)**
- BI207 Human Anatomy and Physiology I (4 cr.)**
- BI208 Human Anatomy and Physiology II (4 cr.)**
- ES/ATR 110 Introduction to Sports Science (1 cr.)**
- ES315 Physiology of Exercise (4 cr.)**
- ES317 Anatomical Kinesiology (3 cr.)**
- ES417 Biomechanics (2 cr.)**
- ES421 Physiology of Training for Sport (3 cr.)**
- ES422 Sports Biomechanics (2 cr.)**
- ES470 Psychological Aspects of Athletic Performance (3 cr.)**
- HL125 Emergency Health Care (3 cr.)**
- HN210 Nutrition for Humans (4 cr.)**
- MA109 Intro to Probability and Statistics (4 cr.) or PY 305 Psychological Statistics (4 cr.)**
- PH201 College Physics I (5 cr.)**

### Sports Science Cluster Minor (22cr.)

**With adviser approval students must select a cluster of cognate courses from two or more departments totaling 22 credit hours. A list of courses comprising the cluster must be submitted to the Registrar's Office before the second semester of the student's junior year.**

*Detailed course descriptions can be found at [www.nmu.edu/bulletin](http://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

Students wishing to complete the 3 + 2 SS/AT Master program will be required to apply for admission to the NMU graduate school and to the AT masters program. Admission is competitive, this, not guaranteed.

More information about the application process is located at [nmu.edu/hhp](http://nmu.edu/hhp).

Students who do not wish to complete the 3 + 2 program will continue with the Sports Science Cluster Minor to obtain a bachelor degree.

## Job Outlook

Sports-related jobs will increase at a faster than average rate of 20%. They are projected to make anywhere from \$30,000 to \$70,000 depending on the prestige associated with the employer. Some areas, such as professional sports teams will be competitive but pay well, while other areas, such as rehabilitation centers and hospitals will have less pay but more job openings.

# Potential Careers

NMU's Sports Science Program prepares students for employment in the following careers:

Amateur Athletic Team

Biomechanics

Clinical & Sports Research

Collegiate Athletic Team

Exercise Physiology

Health Club

Hospital/Clinic

Professional Athletic Team

Sporting Equipment Store

Strength and Conditioning Coach

YMCA

# 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](http://www.nmu.edu/acac)

School of Health and Human Performance  
201 PEIF  
906-227-2130  
[www.nmu.edu/hhp](http://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](http://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](http://www.nmu.edu/cse)

Student Association for Sports Science (SASS)  
Student Athletic Training Organization (SATO)

Internet Resource Links:  
[www.careers.org](http://www.careers.org)  
[www.bls.gov](http://www.bls.gov)

For Career Information with National Organizations:  
[www.nata.org](http://www.nata.org) - National Athletic Trainers Assoc.  
[www.bocatc.org](http://www.bocatc.org) - Board of Certification for Athletic Training  
[www.acsm.org](http://www.acsm.org) - The American College of Sports Medicine  
[www.nisss.org](http://www.nisss.org) - National Inst. for Sports Science and Safety  
[www.caate.net](http://www.caate.net) - Commission on Accreditation of Athletic Training Education



**NORTHERN MICHIGAN  
UNIVERSITY**

MARQUETTE, MICHIGAN

The Academic & Career Advisement Center  
2020



What to do with  
a major in...

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