BLACK HILLS STATE UNIVERSITY



EXERCISE SCIENCE

BACHELOR OF SCIENCE (B.S.)

EXERCISE SCIENCE AT BHSU

The Exercise Science program at BHSU will allow you to obtain a career in health and fitness related fields. Students work with professors who have outstanding expertise and experience.

Graduates of the program are prepared to enter the fields of exercise physiology, kinesiology, cardiac rehabilitation, strength and conditioning, and personal training. In addition, graduates are strongly positioned for advanced study in the fields of physical therapy, occupational therapy, chiropractic care, athletic training, and nursing.

YOU'LL DEVELOP SKILLS SUCH AS:

- Analysis of Human Movement
- Body Composition
- Exercise Prescription
- Exercise Programming for Specific Populations
- Fitness Assessment
- Functional Movement Screening
- Manual Muscle Testing
- Prevention and Care of Athletic Injuries
- Strength and Conditioning Program Development



FIND YOUR CAREER

- Athletic Trainer
- Chiropractor
- Diabetes Educator
- Exercise Specialist - Cardiac Rehabilitation
- Group Fitness Coordinator
- Gym Owner
- Massage Therapist
- Nurse
- Personal Trainer
- Physical Therapist
- Recreation Director

FIND OUT MORE ABOUT EXERCISE SCIENCE:

Black Hills State University | BHSU.edu/ExerciseScience | 605.642.6343 | Admissions@BHSU.edu