

# EXERCISE SCIENCE

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## Program Description

Students enrolled in this major should have a strong interest in the sciences as this program applies science to human function. The student will begin studies with science courses such as general chemistry and human anatomy and physiology. Continued studies will include courses such as exercise physiology, anatomical kinesiology, biomechanics, physical activity and aging, strength and conditioning, and sports nutrition, along with upper-division elective courses in kinesiology, biology, and/or chemistry. Exercise Science students frequently continue their studies for graduate or professional degrees at universities widely recognized as top programs in athletic training, exercise physiology, occupational therapy, physical therapy, and physician assistant studies.

## Contact Information

Department of Kinesiology  
Maverick Center 237B  
970.248.1635

## Programs of Study Bachelors/Minors

- [Exercise Science \(BS\)](#)
- [Exercise Science \(Minor\)](#)