

EXERCISE SCIENCE



WHY STUDY AT UCA?

The University of Central Arkansas is committed to a bright future - that includes you! At UCA, you're provided an innovative, collaborative education within a culture of student support and success

Through high impact teaching practices like internships, hands-on research opportunities, and service learning, we'll provide you with the experiences you need to grow as a person and enter the workforce confidently. We can't wait to see you thrive!

BEAR EXPERIENCE

The Bear Experience is a campus-wide initiative to promote experiential learning beyond the classroom.

The Bear Experience offers students the opportunity to thoughtfully plan their college experiences by integrating them with their academic curriculum, personal values and future goals.

- Bear Experience Pathways:
- Community Engagement and Service
- Diversity Awareness and Inclusion
- Intellectual and Professional Development
- Well Being and Personal Development

Visit uca.edu/bearexperience for more information.

The Department of Exercise and Sport Science offers undergraduate degrees in exercise science and physical education-teacher education with a coaching endorsement option, and graduate degrees in athletic training, exercise science, and sport management. Our faculty members are experienced educators, researchers, and clinicians that bring a wealth of knowledge to the classroom.

ALUMNI STORY

"I chose Exercise Science due to the wide range of opportunities that are available to exercise science graduates and ended up being one of the best decisions I've ever made. The faculty cares about the professional and the personal development of their students. I can confidently say that I would not be where I am today without having been a student in this program." - Nathan King, Director of Operations, Tennessee Center for Health Workforce Development

Top Student Career Goals

Athletic Training

Health, Wellness, and Sport

Medical Professions

Occupational Therapy

Physical Therapy

TOP 5 REASONS TO STUDY EXERCISE SCIENCE

- 1** **Experiential Application and Active Learning Approach that expands concepts from lectures into a variety of activities.**
- 2** **Service-Learning Opportunities working with members of the community as we learn by doing.**
- 3** **Interprofessional Experiences working with students and faculty from other programs across campus.**
- 4** **Student Mentorship in Research through assisting faculty with their research or developing your own research such as an Honor's Thesis.**
- 5** **Extracurricular Opportunities that foster the development of personal and professional skills to be successful.**

HOW TO USE THIS MAP

Use the four rows of the map to explore possibilities and plan for your success by seeing the many overlapping and connected areas of career and academics. Get started thinking about your future now. Where do you see yourself after you finish your degree? If you have tentative goals (like careers or graduate school) while working through your degree, it helps you with short-term decisions about experiences, courses, and helps keep you motivated for success!

GET THE HELP YOU NEED

UCA's number one goal is student success--YOUR success--and we have a campus full of people and services available to help you succeed throughout your UCA experience. Whether you need help with study skills or health care, we have resources available. The Navigate Student mobile app or Navigate for Students in myUCA will connect you with available resources. You can also use Navigate to make an appointment with your academic advisor, a peer coach, or even Student Accounts.

Ready to find out more? Visit uca.edu/success and download the Navigate app.



First Year

Middle Years

Last Year

**SUCCEED
ACADEMICALLY**

- Key Coursework and Benchmarks
- Meet with Academic Advisor
- Explore Student Success Resources
- Identify a Faculty Mentor

- Key Coursework and Benchmarks
- Maintain a “C” or better in all EXSS and Prerequisite Courses
- Map out a Path towards Graduation with Academic Advisor
- Meet with your Faculty Mentor

- Key Coursework and Benchmarks
- Maintain a “C” or better in all EXSS and Prerequisite Courses
- Apply for Graduation

**CONNECT TO
THE WORLD
AROUND YOU**

- Join the EXSS Club
- Get Involved on Campus: Intramural Sports, Student Organizations, Greek Life
- Consider getting involved with Faculty Research or Outreach
- Become a Peer Mentee

- Join an EXSS Club committee or become an EXSS Club Executive Officer
- Seek out Service-Learning Opportunities
- Participate in Faculty Research or Outreach
- Train to become a Peer Mentor
- Join Phi Epsilon Kappa (PEK) Honors Fraternity

- Complete Internship
- Participate in Service-Learning
- Participate in Faculty Research or Outreach
- Become a Peer Mentor
- Become a PEK Executive Officer
- Participate in Interprofessional Experiences

**PREPARE FOR
WHAT’S NEXT**

- Seek out Scholarship Opportunities
- Gather Information about Professional Organizations
- Explore Career Options

- Explore Internship Sites and Opportunities
- Begin Resume Building
- Develop Interview Skills
- Consider joining Professional Organizations as a Student Member
- Attend Career Fairs

- Complete Internship
- Attend Professional Development Seminars
- Develop Professional Goals
- Consider attending Professional Conferences or Workshops
- Consider Professional Certifications
- Attend Career Fairs

**WHAT CAN I DO WITH
THIS MAJOR?**

After graduating with a Bachelor of Science in Exercise Science, you will have the knowledge, skills, and abilities of entry-level fitness professionals. Additionally, the degree program serves as preparation for graduate degrees in athletic training, chiropractic medicine, exercise physiology, occupational therapy, physical therapy, and strength and conditioning.

**WHAT SKILLS &
QUALIFICATIONS MIGHT I
NEED?**

Exercise Science is a broad field that interacts with peers, service-learning partners and participants, members of the community, and other health and behavioral professionals. Many of these interactions require strong communication and interpersonal skills, creativity and adaptability, and a collaborative spirit. Effective time and organizational management skills are also beneficial to succeed.