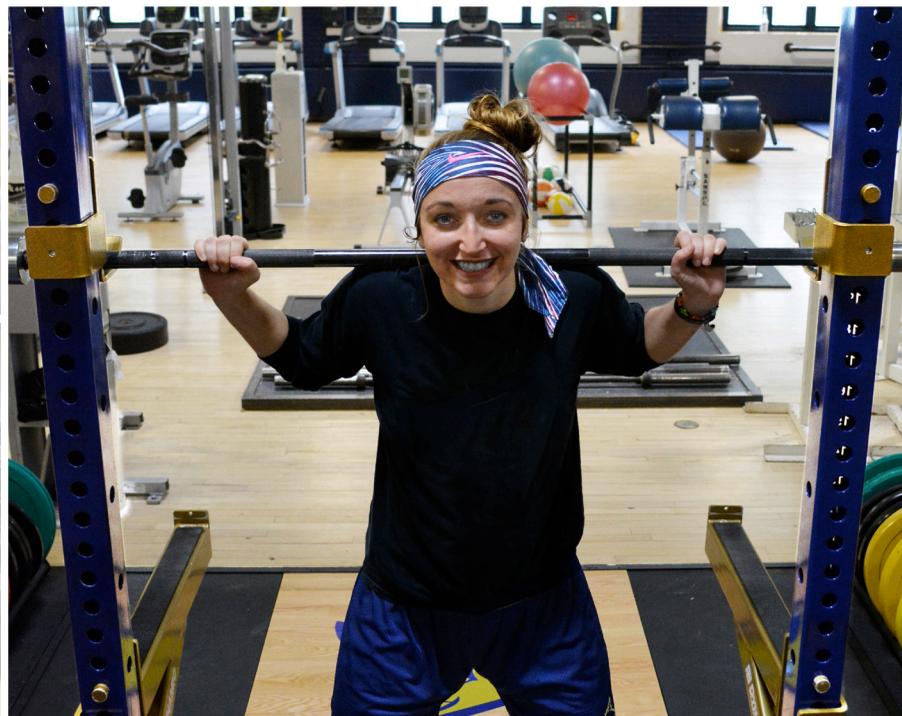


Department of Health and Physical Education:

Exercise Science B.A.



THIEL
COLLEGE

Help athletes reach their potential and avoid unnecessary injuries

As an exercise science major at Thiel College, you'll study human movement and how the body responds and adapts to physical activity, health, exercise, and sports. This will prepare you for a career as an exercise specialist, athletic director, conditioning coach, personal trainer and many more careers in health and wellness or athletics.

In courses that range from classroom environments to totally hands-on learning opportunities, you'll study kinesiology, human anatomy, and strength and conditioning. You'll also receive stringent professional preparation as well as intensive research and internship opportunities. Best of all your courses in Exercise Science are combined with a core curriculum in the Liberal Arts that encourages creativity and critical thinking, two skills essential for success in this growing field.

"Can I jump over two or three guys like I used to? No. Am I as fast as I used to be? No, but I still have the fundamentals and smarts. That's what enables me to still be a dominant player. As a kid growing up, I never skipped steps. I always worked on fundamentals because I know athleticism is fleeting."

Kobe Bryant | Los Angeles Lakers Basketball Player

With a degree in exercise science, you can help people become the best they can be.

According to the Bureau of Labor Statistics, job prospects in the field of exercise science are expected to grow 21% by 2024. This phenomenal growth demonstrates both the importance of exercise and athletics in human health and wellness and the growing understanding of its importance.

At Thiel, we'll provide you with the strong foundation you need to graduate and pursue a career as an athletic director, physical education instructor, coach, or personal trainer. Or continue to graduate school to enter careers such as sports psychologist or physical or occupational therapist.

Here are some of the things you can do with an exercise science degree from Thiel:

- **Physical Education Teacher** – earn a median salary of **\$59,280** helping students learn proper health and wellness skills and coaching sports teams*.
- **Assistant Athletics Director** – earn a median salary of **\$78,642** helping to run the athletics program for an educational institution or park district**.
- **Exercise Specialist** – earn a median annual salary of **\$43,935** helping individuals who have various medical conditions improve their overall health and fitness***.
- **Wellness Director** – earn a median salary of **\$54,799** for consists of managing staff, implementing strategies planning programs that benefit a groups health, safety and wellbeing****.
- **Exercise Physiologist** – earn a median salary of \$19.65 per hour or **\$40,872** per year helping clients set health goals, and administering exercise programs to achieve those goals.*****

Major in exercise science at Thiel and you will:

- Develop a strong foundation in human anatomy, kinesiology, medical terminology and the physiological basis of exercise and physical fitness
- Work closely with exercise, rehabilitation, recreational, educational, and athletic professionals in classes and through a variety of internship opportunities
- Receive certification in your chosen area to prepare you to enter the workplace or continue on to graduate school.

You can afford to attend Thiel College. Contact an admissions counselor to learn about scholarship opportunities.

For more information or to apply, visit:

www.thiel.edu/academics/departments/health-and-physical-education/majors-and-programs/exercise-science-major

*<https://www.sokanu.com/careers/physical-education-teacher/salary/>

**www1.salary.com/Assistant-Athletics-Director-salaries.html

***<https://www1.salary.com/Exercise-Specialist-Salaries.html>

****https://www.payscale.com/research/US/Job=Wellness_Director/Salary

*****https://www.payscale.com/research/US/Job=Exercise_Physiologist/Hourly_Rate

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