

MAJOR MATRIX

Concentrations/Degrees	Notes	Careers/Grad School Options
Exercise and Nutrition Sciences Allied Health (BS)	<p>The Allied Health concentration offers a strong foundation in the sciences, with focused coursework in areas such as exercise physiology and testing, biomechanics, and pharmacology. This program is designed to prepare students for a wide range of graduate programs and career opportunities in healthcare and rehabilitation.</p> <p>With a growing demand for physical and occupational therapists, this concentration is ideal for students interested in the science of exercise, movement, and human performance.</p> <p>As part of the curriculum, students will complete an internship in professional settings such as physical therapy clinics, rehabilitation centers, and sports medicine facilities—gaining valuable hands-on experience and applying their knowledge in real-world environments.</p>	<ul style="list-style-type: none"> • Physical Therapy • Occupational Therapy • Pre-Medicine • Physician Assistant • Chiropractic • Clinical Exercise Physiology • Cardiac Rehabilitation • Recreation Therapy
Exercise and Nutrition Sciences Health Promotion (BS)	<p>The Health Promotion concentration is centered on advocating for healthier lifestyles through exercise, nutrition, and community engagement. This program offers a diverse and practical curriculum designed to prepare students for careers in health and wellness fields. Coursework includes topics such as Personal Health, Sports Nutrition, and Health-Fitness Management, among others focused on wellness and prevention.</p> <p>Graduates are well-equipped for roles in community health and recreation facilities, senior wellness programs, fitness and wellness programming, public health initiatives, and rehabilitation services. To enhance their professional readiness, students also complete an applied internship in a setting aligned with their specific area of interest, gaining valuable hands-on experience in real-world environments.</p>	<ul style="list-style-type: none"> • Health Educator • Community Health • Public Health • Wellness Coordinator • Health Coach
Exercise and Nutrition Sciences Nutrition & Wellness (BS)	<p>The Nutrition & Wellness concentration offers students the opportunity to explore the principles of healthy eating and proper nutrition through an understanding of biomechanics and exercise science and how these influence how we fuel our bodies. This program emphasizes the critical role of diet in overall wellness and physical performance.</p> <p>The undergraduate curriculum equips students with the knowledge and skills to make evidence-based physical activity recommendations while also providing nutrition education and counseling. Graduates are prepared to support individuals and communities in achieving healthier lifestyles through a balanced approach to movement and nutrition.</p>	<ul style="list-style-type: none"> • Food Service Director • Food Safety Auditor • Nutrition Educator • Community Health Worker • Pre-Registered Dietitian

Exercise and Nutrition Sciences Strength & Conditioning (BS)	<p>The Strength and Conditioning concentration is accredited by the Council on Accreditation of Strength and Conditioning Education (CASCE)—a recognized authority in quality strength and conditioning education. This accreditation reflects the program's commitment to excellence, ensuring that the curriculum, faculty, and facilities meet rigorous standards. Students graduate with the expertise needed to excel in the field and to promote athlete safety and performance at the highest level.</p> <p>The strength and fitness industry offers a wide range of opportunities for individuals equipped with the knowledge, skills, and hands-on experience to help others reach their physical potential. The Strength and Conditioning concentration is a practical, career-focused program that prepares students to meet industry standards in roles such as researchers, educators, strength coaches, personal trainers, and other related professions. Through a tailored applied internship, students gain real-world experience aligned with their career goals, ensuring they graduate ready to lead and innovate in the field.</p>	<ul style="list-style-type: none"> • Certified Strength & Conditioning Coach • Sport Performance Specialist • Personal Trainer • Exercise Physiologist • Sport Coach • Sports Science Specialist • Special Populations Specialist • Tactical Strength and Conditioning Facilitator
Coordinated Program in Dietetics (MS)	<p>The Master of Science Coordinated Program in Dietetics is fully accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). This program offers a comprehensive and rigorous academic experience designed to equip students with the knowledge, skills, and competencies required by ACEND for eligibility to sit for the Registered Dietitian Nutritionist (RDN) exam.</p> <p>Graduates of the program are thoroughly prepared to enter the workforce as qualified nutrition and dietetics professionals. With a strong foundation in both theory and practice, they are well-positioned to pursue rewarding careers as food and nutrition experts in a variety of healthcare and community settings.</p>	<ul style="list-style-type: none"> • Registered Dietitian • Community Nutrition • Clinical Nutrition • Sports Nutrition • Food Service Dietitian
Exercise and Nutrition Sciences Exercise Science (MS)	<p>The Master of Science in Exercise Science is designed for individuals seeking specialized and advanced academic training in exercise science, sports science, and strength and conditioning. The program has is an official Education Recognition Program by the National Strength and Conditioning Association (NSCA) for our commitment to excellence in the field.</p> <p>Students benefit from small class sizes, access to premier laboratory equipment, and instruction from highly qualified faculty. The curriculum emphasizes both theoretical knowledge and applied practice, offering students a well-rounded and hands-on graduate experience. Students may choose between a thesis or internship completion option, allowing them to tailor their academic path to their professional goals. Graduates are well-prepared for distinguished careers across a wide range of roles in exercise science and strength and conditioning.</p>	<ul style="list-style-type: none"> • Sport Performance Specialist • Sports Science Specialist • Pre-Doctoral Programs • University Professor • Industry Researcher
Exercise and Nutrition Sciences Minor	<p>An 18-hour minor allows students in other majors to gain experience in Exercise and Nutrition Sciences.</p>	<ul style="list-style-type: none"> • Students interested in Exercise and Nutrition Sciences