

# **Undergraduate Physical Education**

## **Exercise Science**

The mission of the exercise science program at South Alabama is to prepare students through academic coursework, laboratory instruction, and clinical internship experiences to work in the field of exercise science. The course of study is designed to increase knowledge and develop skills associated with fitness promotion, strength and conditioning, and the prevention and rehabilitation of chronic diseases. Typical employment settings include exercise/fitness centers, hospital based wellness/fitness programs, corporate fitness programs, rehabilitation centers, athletics programs, and allied health areas. The program relies on a scientific core that allows the student to gain an understanding of human physiology and how exercise impacts that physiology. Students complete a supervised internship experience in a clinical or corporate/commercial setting. Upon completion of this program and being awarded a degree, students may be eligible for national certification through the American College of Sports Medicine (ACSM) or the National Strength and Conditioning Association (NSCA). Exercise Science is an area of study within the Physical Education program. This course work prepares students for graduate study or immediate entry into the work force.

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Click on the link below to view the course of study.  
<http://www.southalabama.edu/coe/forms/pentc.pdf>