

**EXERCISE SCIENCE**  
**[http://rht.gmu.edu/exs\\_hpr/](http://rht.gmu.edu/exs_hpr/)**

**Name and description of the field**

The B.S. in Health, Fitness, and Recreation Resources (Exercise Science concentration) emphasizes promotion of healthy lifestyles outside school settings. The academic program prepares students to develop and utilize science-based approaches to healthful and proactive living strategies, thereby offsetting much of the complacency surrounding many contemporary health and safety topics. Students who are prepared to promote others' healthy exercise routines and positive life health decisions contribute meaningfully to society by inspiring their colleagues, clients, children, and others to maximize their human potential, and to increase their overall well-being. This degree program prepares students for supervisory and managerial careers in private and public fitness agencies, and clinical and public safety settings.

**What special skills or abilities are needed to succeed in this major?**

- Excellent communication skills
- Respect for the natural environment
- Understanding of economic and political forces
- Understanding and appreciation of both public and private sector roles
- Ability to teach and demonstrate intellectual and/or physical skills
- Ability to develop programs/activities for targeted populations
- Computer literacy
- Analytical and evaluative skills

**If both B.A. and B.S. degrees are offered, what are the differences in career/graduate school opportunities?**

Only the B.S. is offered.

**Is a Minor available?** Yes.

**What are recent graduates doing and where are they doing it?** [See the department's website.](#)

**What other resources should students consult for more information?**

- Career Services Library, 348 SUB I: Take a copy of the *Where to Start . . .* resource list, which lists printed and online resources to learn more about internships and occupations in Health & Fitness and Recreation Resources.
- At Career Services, register with the PatriotJobWeb computerized database system to access internships in the field. <http://careers.gmu.edu/patriotjobweb>
- Call (703) 993-2370 to meet with a Career Counselor to discuss employment information and options.

**Career Library Resources – Go to <http://careers.gmu.edu/careerlibrary/wheretostart/rht.pdf>** to see resources located in the in Career Services library, SUB I, 348

**Major, Career & Job Hunting Information Online (links to the academic department, associations and other useful sites)** – Go to <http://careers.gmu.edu/onlineresources/rht.htm>

**What kinds of practical experiences are recommended to explore Exercise Science further?**

- Part-time and summer employment or volunteer service
- Experience in a variety of settings with many different age, race, and ethnic groups and both genders
- Any experience working with the public which requires independence, initiative and responsibility
- Internships/cooperative education positions with health and fitness organizations.

**Whom should students contact for further information?**

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703-993-2068

Academic Advising Center  
304 SUB I  
703-993-2470

Ken Guerrant  
Career Services  
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703-993-2370