"As an Exercise Science major, the professors in Sport Science motivated me to stretch my limits, whether it was traveling to Africa, leading the Sport Science Club, participating in an internship or continuing my education with graduate school. No matter what my goal, classmates and professors made me feel that I always had a support team behind me."

JUSTIN HARE

"My Exercise Science degree from the Department of Sport Science has given me a great foundation in exercise testing, real-life program planning and hands-on practicums that have prepared me for graduate school and my future in the sports industry. I will use this knowledge and experience now and in the future to train athletes to their highest potential."

JENNIFER STEPANIUK

"Belmont provided me with a priceless education in the field of Exercise Science. Through this empowering experience, I am now pursuing a doctorate degree in osteopathic medicine."

ELIZABETH ALLEN

FOR MORE INFORMATION:

BELMONT UNIVERSITY
Department of Sport Science
1900 Belmont Boulevard
Nashville, TN 37212
615.460.6189
www.BELMONT.EDU

Belmont University is a Christian community. The university faculty, administration and staff uphold Jesus as the Christ and as the measure for all things. As a community seeking to uphold Christian standards of morality, ethics and conduct, Belmont University holds high expectations of each person who chooses to join the community. Belmont University does not discriminate on the basis of race, sex, color, national or ethnic origin, age, disability, military service or sexual orientation. Inquiries or complaints concerning the application of these policies to students should be directed to the Associate Dean of Students, Beam Student Life Center Suite 200, 1900 Belmont Blvd., Nashville, TN 37212, deandoofstudents@belmont.edu or 615.460.6407.
Belmont University exercise science majors benefit greatly from the thriving sport and medical industry in Nashville, Tennessee. With five major universities, four professional sport franchises and a large variety of top-tier hospitals, clinics, and rehabilitation centers in the area, students of exercise science can shape their future.

The study of exercise science includes the knowledge of anatomy, biology, chemistry, physics and physiology as it applies to human movement and exercise. Following graduation, students will be equipped for a number of careers while many pursue related graduate degrees. Career paths chosen by exercise science majors include becoming a Physical Therapist, Occupational Therapist, Strength & Conditioning Professional, Physician Assistant, Cardiac Rehabilitation Specialist, Chiropractor, Exercise Physiologist, Athletic Trainer, Corporate Wellness Specialist, Fitness Manager, Sport Coach, or a Lifestyle Coach.

In addition, both exercise science and strength & conditioning courses are designed to prepare students for top tier certifications such as:

- American College of Sports Medicine (ACSM), Health Fitness Specialist
- National Strength & Conditioning Association (NSCA), Certified Strength & Conditioning Specialist
- NSCA’s Certified Special Populations Specialist
- Functional Movement Systems, Functional Movement Screening

Sport Science is a great example of the personal touch of a Belmont education: small class sizes, individual attention from faculty, plus hands-on and problem-based learning. The curriculum is grounded in top research organizations such as the American College of Sports Medicine (ACSM) and the National Strength & Conditioning Association (NSCA). Within sport science, any student can gain an excellent foundation for careers in sport. For administrative and management career paths, undergraduate majors also have the unique opportunity to pursue a Master of Sport Administration at Belmont University.