Parallel Major

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If I am not admitted into my current Public Health major I will switch majors to Exercise science. What I find most interesting about the major is that there are up to 50 different careers you can pursue related to exercise science. I am most drawn to a sports nutritionist in particular because I would love to work with athletes and help them recover in the most efficient way possible. It is a sports nutritionists' job to advise athletes on specific nutritional regimes that will provide optimal performance and recovery. It is important to understand the effects that food has on the human body in order to aid the athletes in their personal deficiencies and needs. Given their body types, training routines, and athletic goals, it is a sports nutritionist's job to create their daily diet. In addition to nutritional knowledge, you must also understand how to work toward the athletes desired peak of physical performance. The advisor is Jim Bellamy and the program director is Laura C. Hill.

Adaptive physical education, Biomechanics, Exercise physiology, Fitness assessment and exercise prescription, Motor development, Sports management, Sports nutrition, and Statistics are all required classes for this major. You could gain professional experience in this area of study through shadowing the physical training of an athlete and their nutritional coaching sessions.

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