

Spotlight on Exercise Science and Physical Education

Overview

EXERCISE SCIENCE AND PHYSICAL EDUCATION studies human exercise, physiology and kinesiology as they apply to sports and physical fitness. You will learn about activities and principles that establish, maintain, and promote physical fitness. Instruction will include human movement studies, motivation techniques, exercise techniques, basic sports injury prevention practices, and the organization and leadership of various sports and fitness programs.

Students Interested in this Major Should:

- Enjoy physical conditioning
- Be interested in activities that promote good health and develop fitness of the human body
- Be able to think logically
- Be able to communicate successfully, both verbally and in writing, with individuals of different backgrounds and personalities
- Be creative and enjoy solving problems
- Be able to work well with others
- Have good organizational skills
- Be motivated to help others succeed
- Be a leader

Related Majors Include:

- Health & Physical Education
- Kinesiology & Exercise Science
- Parks, Recreation, Leisure & Fitness
- Physical Education Teaching & Coaching
- Sport & Fitness Admin/Management

Information for Further Exploration:

McDaniel Career Services
<http://www.mcdanielcareers.org>

McDaniel College Department of Exercise Science
<http://www.mcdaniel.edu/5332.htm>

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