ABOUT A DEGREE IN HEALTH & EXERCISE SCIENCE
The undergraduate Health and Exercise Science program consists of a single core curriculum emphasizing applied science and professional preparation in combination with an elective block sufficiently broad to allow students to develop strong preparation in an area of personal interest related to health, exercise, and sport.

RELATED SKILLS
Good written and verbal skills
Ability to relate to and interact with people of all ages and backgrounds
Ability to lead, supervise and direct others
Ability to react spontaneously and maintain emotional composure
Understanding of human nature
Good health and physical stamina
Ability to solve problems and make appropriate decisions
Proficiency in written and oral communication
Ability to organize and coordinate activities
General knowledge of recreational and leisure time theories and practices

HIRING INSTITUTIONS
Professional Sports Leagues
Marketing & Management Agencies
Physical Therapy Clinics
Fitness/Wellness Centers
Pharmaceutical Sales
Performance Sports Centers
Resorts
Corporate Fitness Centers
Nursing Homes
Retirement Communities
Corporate Sports Sponsors
Museums and Halls of Fame
Stadiums and Arenas
Colleges and Public Schools
Health Consultant Firms
Hospitals
Public Parks and Recreation
Spas
Correctional Institutions
Cruise Lines
Olympic Organizations
Government Agencies
Department of Health and Human Services

RELATED WEBSITES
Career Services, University of Oklahoma
Department of Health & Exercise Science, University of Oklahoma
Academic Interests, University of Oklahoma
Gatorade Sports Science Institute
Australian Association for Exercise and Sports Science
The Ontario Association of Sport and Exercise Sciences (OASES)
American College of Sports Medicine
Team EAS, Energy•Athletics•Strength
Academy of Natural Health Sciences
Society of Public Health Educators
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