

EXERCISE PHYSIOLOGY - HEALTH AND REHABILITATIVE SCIENCES

BACHELOR OF SCIENCE

ASPIRE

EXPERIENTIAL MAJOR MAP

RETURN ON INVESTMENT FOR MAJOR

A major map is an active guide that helps students make intentional decisions throughout college. Students identify their stage (first year, middle, or final year) and focus on recommended actions for that period. Each semester, they select key academic, career, and involvement activities, track their progress, and discuss it with advisors or faculty. Over time, the map helps them stay on track, adjust goals as needed, and graduate with a degree and career-ready experience.

THE WHO...

- Critical Thinking
- Informed Major Selection
- Post-graduation Readiness
- Applied Problem Solving
- Leadership Skills
- Teamwork

THE WHY...

- Professionalism and work ethic
- Strong communication skills
- Analytical and problem-solving skills
- Leadership and teamwork
- Technology proficiency

THE WHAT

- Financial Analyst
- Project Manager
- Social Media Manager
- Recruiter / Talent Acquisition Specialist
- Small Business Owner
- Data Analyst (Business-focused)
- E-commerce Manager

ALUMNI SPOTLIGHT

"I started college unsure of my direction, but the ASPIRE major map helped me stay focused. I followed the steps—attended networking events, secured internships, and built a portfolio through my capstone. By senior year, I wasn't scrambling—I was prepared. I received a full-time offer from my internship site before graduating."

HILLTOP ADVANTAGE

The Hilltop Advantage is a structured, student-centered approach that ensures every student graduates with not only a degree, but also meaningful experiences, career-ready skills, and a clear post-graduation plan.

TOP SKILLS

- Professionalism and work ethic
- Strong communication skills
- Analytical and problem-solving skills
- Leadership and teamwork
- Technology proficiency

ASPIRE - Experiential Major Map

	FIRST YEAR	MIDDLE YEARS	LAST YEAR	
A ACADEMIC MASTERY	• Build a strong foundation in biology, chemistry, anatomy, physiology, and psychology. • Develop study skills for success in science-intensive coursework. • Explore careers in rehabilitation and allied health professions. • Learn the fundamentals of exercise science and human movement.	• Complete advanced coursework in exercise physiology, biomechanics, exercise testing, and health assessment. • Develop competency in interpreting health and fitness data. • Strengthen scientific writing and evidence-based decision-making skills. • Explore prerequisites for graduate and professional programs.	• Apply exercise physiology principles to clinical and rehabilitative settings. • Complete advanced coursework within the Health & Rehabilitative Sciences concentration. • Demonstrate mastery of assessment, exercise prescription, and rehabilitation concepts. • Prepare for graduate school applications and professional certifications.	ACADEMIC SUCCESS CHECKLIST • Explore careers in physical therapy, occupational therapy, physician assistant studies, and clinical exercise physiology. • Complete prerequisite science courses for graduate and professional schools. • Gain experience in the Exercise Physiology Lab. • Participate in undergraduate research and scholarly presentations. • Complete healthcare observation or shadowing hours. • Maintain a minimum 2.5 GPA and a strong science GPA. • Complete a field internship in a clinical or rehabilitative setting. • Develop a professional resume and graduate school portfolio. • Request letters of recommendation from faculty and supervisors. • Apply to graduate programs, professional schools, or employment opportunities before graduation. 
S SELF-DISCOVERY & STRENGTHS	• Explore healthcare and rehabilitation career pathways. • Assess interests in physical therapy, occupational therapy, physician assistant studies, and clinical exercise physiology. • Identify strengths in communication, leadership, and scientific inquiry.	• Refine career goals through coursework and observation experiences. • Develop confidence in patient/client interaction settings. • Seek mentorship from faculty and healthcare professionals.	• Establish a professional identity within the health sciences. • Create a graduate school and career preparation plan. • Identify professional development opportunities and certifications.	
PI PROFESSIONAL PREPARATION INTEGRATIVE & EXPERIENTIAL LEARNING	• Participate in health, wellness, and fitness-related campus activities. • Explore undergraduate research opportunities. • Begin building a resume and professional portfolio.	• Gain hands-on experience in the Exercise Physiology Laboratory. • Conduct health screenings, fitness assessments, and exercise evaluations. • Participate in faculty-led research projects and presentations. • Shadow professionals in healthcare and rehabilitation settings.	• Complete a field internship with hospitals, rehabilitation centers, outpatient clinics, or wellness facilities. • Conduct or present a research project. • Prepare for professional certifications and graduate school interviews. • Build a portfolio highlighting laboratory, research, observational, and internship experiences.	
RE RELATIONSHIPS & LEADERSHIP ENGAGEMENT & WELL-BEING	• Connect with faculty mentors and Exercise Physiology classmates. • Join health and science-related student organizations. • Participate in campus and community wellness initiatives.	• Assume leadership roles in student organizations and wellness programs. • Collaborate with peers and faculty on research and service projects. • Engage with healthcare professionals through job-shadowing and networking.	• Network with graduate programs, healthcare organizations, and potential employers. • Present research or internship experiences at professional events. • Mentor newer Exercise Physiology students. • Transition from student to healthcare professional or graduate student.	