

EXERCISE PHYSIOLOGY - PREVENTIVE AND CLINICAL CARE 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 scientific reasoning and quantitative analysis skills. - Explore healthcare careers focused on prevention and wellness. - Learn the physiological responses and adaptations to exercise.	- Complete advanced coursework in exercise physiology, biomechanics, nutrition, and health assessment. - Develop knowledge of chronic disease prevention and risk-factor modification. - Learn principles of exercise testing and exercise prescription. - Strengthen skills in evidence-based healthcare decision-making.	- Apply exercise science principles to clinical and preventive healthcare settings. - Demonstrate proficiency in health assessment, exercise programming, and client management. - Complete advanced concentration coursework and a field internship. - Prepare for certification exams, employment, and graduate education.	ACADEMIC SUCCESS CHECKLIST - Complete coursework supporting careers in preventive and clinical healthcare. - Gain experience using Exercise Physiology Lab equipment and assessment tools. - Participate in health screenings, wellness programs, and community outreach. - Engage in undergraduate research opportunities. - Complete observational or internship experiences in healthcare settings. - Maintain at least a 2.5 GPA for internship eligibility and graduation. - Develop competency in exercise testing and exercise prescription. - Build a professional resume, portfolio, and network of healthcare contacts. - Prepare for professional certifications with ACSM and graduate education opportunities. - Secure employment, certification, or graduate school placement prior to graduation. 
S SELF-DISCOVERY & STRENGTHS	- Explore careers in clinical exercise physiology, cardiac rehabilitation, wellness programming, public health, and allied health professions. - Identify personal strengths in science, communication, and helping others improve their health. - Assess interests in preventive care versus clinical healthcare settings.	- Refine professional goals through academic and experiential learning. - Develop confidence working with individuals from diverse health backgrounds. - Seek mentorship from faculty and healthcare professionals.	- Establish a professional identity focused on preventive and clinical care. - Create a career or graduate school action plan. - Develop a lifelong learning strategy for continued professional growth.	
PI PROFESSIONAL PREPARATION INTEGRATIVE & EXPERIENTIAL LEARNING	- Participate in campus wellness and health promotion activities. - Explore undergraduate research opportunities. - Begin building a professional resume and portfolio.	- Gain hands-on experience in the Exercise Physiology Laboratory. - Conduct fitness assessments, health screenings, and exercise evaluations. - Participate in research, community health initiatives, and professional development activities. - Develop skills in exercise testing, program design, and client education.	- Complete a field internship in hospitals, cardiac rehabilitation programs, wellness centers, medical fitness facilities, or clinical settings. - Participate in research or capstone experiences. - Prepare for professional certifications with ACSM and employment interviews. - Develop a professional portfolio highlighting clinical and preventive care experiences.	
RE RELATIONSHIPS & LEADERSHIP ENGAGEMENT & WELL-BEING	- Build relationships with faculty mentors and Exercise Physiology peers. - Join health, fitness, and science-related student organizations. - Participate in campus and community wellness events.	- Assume leadership roles in health promotion and wellness initiatives. - Collaborate with faculty and students on research and service projects. - Network with healthcare professionals and community partners.	- Establish professional connections with hospitals, rehabilitation centers, and healthcare organizations. - Present research, internship, or service-learning experiences. - Mentor younger Exercise Physiology students. - Transition from student to healthcare professional.	