

EXERCISE PHYSIOLOGY - STRENGTH AND CONDITIONING 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 careers in strength and conditioning, sport performance, coaching, and fitness. - Learn the fundamentals of human movement and exercise science.	- Complete advanced coursework in exercise physiology, biomechanics, exercise testing, and sport performance. - Develop expertise in resistance training, program design, and athletic development. - Learn principles of performance assessment and training periodization. - Apply evidence-based practices to improve athletic performance.	- Demonstrate mastery in strength and conditioning program development. - Apply exercise science principles to athletic and performance settings. - Complete advanced concentration coursework, research experiences, and internship requirements. - Prepare for employment, professional certifications, and graduate education.	ACADEMIC SUCCESS CHECKLIST - Develop expertise in strength training, conditioning, and athletic performance. - Gain experience using Exercise Physiology Lab equipment and performance assessment tools. - Participate in strength and conditioning, coaching, or athlete development opportunities. - Complete undergraduate research or professional projects. - Attend sport science, coaching, or strength and conditioning conferences and workshops. - Maintain at least a 2.5 GPA for internship eligibility and graduation. - Complete a field internship in a sport performance or fitness setting. - Prepare for professional certifications with NSCA in strength and conditioning or exercise physiology. - Build a professional resume, portfolio, and network of industry contacts. - Secure employment, certification, or graduate school placement prior to graduation. 
S SELF-DISCOVERY & STRENGTHS	- Explore careers in strength and conditioning, personal training, sport performance, coaching, and fitness leadership. - Assess interests in athletic development, human performance, and exercise programming. - Identify strengths in leadership, communication, and motivation.	- Refine professional goals through coursework and practical experiences. - Develop confidence in coaching and athlete development. - Seek mentorship from faculty, coaches, and industry professionals.	- Establish a professional identity as a strength and conditioning professional. - Create a professional development and certification plan. - Explore graduate school and advanced sport science opportunities.	
PI PROFESSIONAL PREPARATION INTEGRATIVE & EXPERIENTIAL LEARNING	- Participate in fitness, recreation, and athletic activities. - Join professional organizations related to sport performance and exercise science. - Begin building a professional resume and portfolio.	- Gain hands-on experience in the Exercise Physiology Laboratory. - Conduct fitness assessments and performance testing. - Assist with strength training, conditioning, and athlete development programs. - Participate in research, service-learning, or professional development activities.	- Complete a field internship with collegiate athletics, high school athletic programs, performance centers, fitness facilities, or sport organizations. - Participate in research or capstone experiences. - Prepare for industry certifications with NSCA and professional interviews. - Build a professional portfolio showcasing testing, programming, coaching, and internship experiences.	
RE RELATIONSHIPS & LEADERSHIP ENGAGEMENT & WELL-BEING	- Connect with faculty mentors and Exercise Physiology peers. - Participate in campus recreation, athletics, and wellness events. - Build professional relationships within the sport and fitness community.	- Assume leadership roles in fitness, recreation, or athletic organizations. - Collaborate with coaches, athletes, and faculty on projects and performance initiatives. - Network with professionals in strength and conditioning and sport science.	- Develop professional relationships with athletic departments and performance facilities. - Present research, internship experiences, or professional projects. - Mentor younger Exercise Physiology students. - Transition from student to sport performance professional.	