



**KENTUCKY STATE  
UNIVERSITY**

## **EXERCISE SCIENCE TRACKS**

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The purpose of Exercise Science tracks in Sports Management, Allied Health/Fitness, and Teaching Certification is to provide students with specialized knowledge and skills tailored to their respective career paths within the field of Exercise Science.

### **Sports Management Track (<https://kysu-public.courseleaf.com/undergraduate/college-agriculture-health-sciences-and-natural-resources/department-health-sciences/exercise-sciences/exercise-sciences-tracks/allied-health-and-fitness/>)**

The purpose of the Sports Management track is to prepare students for roles in the management, administration, and leadership of sports organizations, teams, and facilities.

Students in this track learn about the business aspects of sports, including marketing, finance, event management, and sports law.

The curriculum may also cover topics such as sports ethics, governance, and strategic planning to equip students with the tools and knowledge needed to navigate the complex and competitive sports industry.

### **Allied Health/Fitness Track (<https://kysu-public.courseleaf.com/undergraduate/college-agriculture-health-sciences-and-natural-resources/department-health-sciences/exercise-sciences/exercise-sciences-tracks/sports-management/>)**

The purpose of the Allied Health/Fitness track is to train students for careers in allied health professions, fitness coaching, personal training, and wellness promotion.

Students in this track study human anatomy, physiology, exercise physiology, biomechanics, nutrition, and exercise prescription.

The curriculum emphasizes practical skills development, such as conducting fitness assessments, designing exercise programs, and coaching individuals to achieve their health and fitness goals.

Graduates of this track are prepared to work in diverse settings, including fitness centers, corporate wellness programs, healthcare facilities, and community organizations.

### **Teaching Certification Track (<https://kysu-public.courseleaf.com/undergraduate/college-agriculture-health-sciences-and-natural-resources/department-health-sciences/exercise-sciences/exercise-sciences-tracks/teaching/>)**

The purpose of the Teaching Certification track is to prepare students for careers as physical education teachers in P-12 schools.

Students in this track learn about pedagogy, curriculum development, classroom management, and assessment strategies specific to physical education.

The curriculum includes coursework in exercise science, kinesiology, motor development, and adapted physical education to provide students with a strong foundation in the science of movement and physical activity.

Students may also complete supervised teaching experiences in schools to gain practical teaching skills and meet certification requirements mandated by state education agencies. For additional information to ensure proper matriculation towards a teacher certification in the Commonwealth of Kentucky, please reach out to both Dr. Phillip Clay and Dr. Patrese Nesbitt.

Overall, the purpose of Exercise Science tracks in Sports Management, Allied Health/Fitness, and Teaching Certification is to offer specialized training and preparation tailored to the diverse career paths within the field of Exercise Science, allowing students to pursue their professional interests and goals effectively.