



The **Bachelor of**

# Educational Studies, Exercise Science and Wellness Emphasis

## Encourage health and physical activity

Use your passion for health, wellness and fitness to prepare for a career that can positively impact those of all ages in non-school settings. Teach healthy lifestyle best practices including exercise and nutrition to people of all ages in a variety of situations. The projected job growth for both Dietitians and Nutritionists and Exercise Physiologists is above average at 8% and 11% growth respectively through 2029. Graduates can enter some careers directly or seek graduate programs for other careers.

## The Bachelor of Educational Studies, with an Emphasis in Exercise Science & Wellness

The BES, with an emphasis in Exercise Science and Wellness, builds on science and mathematics courses in the general education requirements with courses on anatomy & physiology, exercise physiology, biomechanics, safety and emergency care, physical activity program design, nutrition and adult exercise leadership. You'll be prepared to sit for certification examinations, such as those offered by the American College of Sports Medicine, the American Council on Exercise, the National Strength and Conditioning Association, the Aerobics and Fitness Association of American and the National Council for Certified Personal Trainers.

The UMSL Exercise Science program emphasizes hands-on experience through internship opportunities spread over three semesters in a range of settings which may include corporate fitness centers, health clubs, private studios, college recreation centers and collegiate athletic programs.

Upon completion of the program, graduates will be able apply a unique understanding of social justice by addressing institutional and social barriers that limit access, equity, and achievement; conduct themselves in a respectful and professional manner that views failure as an opportunity to learn; apply reasoning and critical thinking while making connections among information, data and arguments to synthesize and interpret information; apply unique leadership, management and communication skills using oral, written, nonverbal and visual communication skills in a variety of formats and contexts; apply knowledge and skills to effectively manage programs; and demonstrate a unique application of best practices when teaching outside a traditional classroom setting.

**UMSL** | Education  
University of Missouri–St. Louis

## Fully accredited.

The Bachelor of Educational Studies at UMSL is earned through our fully accredited College of Education which provides Missouri Department of Elementary and Secondary Education certifications. Additionally, our counseling programs are accredited by the Council for Accreditation of Counseling and Related Educational Programs and our school psychology program is accredited by the National Association for School Psychology.

## Preparing for an ever-changing world.

The College of Education offers a variety of programs that lead to exciting and rewarding career opportunities. Our faculty, staff, and community partners are committed to providing experiences to build the knowledge and skills needed for individuals to be successful in multiple educational settings and occupations. These careers include teachers, principals, and district superintendents; teachers and administrators for informal education organizations like museums, zoos and nature centers; counselors and mental health professionals for schools, hospitals, corporate employee assistance programs, clinics and private settings; and postsecondary leaders and instructors for community colleges, career technical schools, and four-year colleges and universities.

The college hosts many centers and initiatives that enhance student experiences in our programs and work with more than 36 different public, private and charter schools throughout the region. We also sponsor eight charter schools.

## Serious education. Serious value.

The Bachelor of Educational Studies is designed to provide specialized knowledge, skills and training in a flexible format. You'll learn from highly qualified educators and researchers who hold terminal degrees from some of the world's most prestigious academic institutions.

The University of Missouri–St. Louis provides the knowledge, resources, tools, skills and support students need to be successful in our programs. Our comprehensive student support services include workshops, tutoring and career services to help you develop skills and strategies to be successful in the classroom and beyond. UMSL welcomes transfer students and our transfer specialists will assist you with getting the most transfer credits possible. We're also committed to increasing access to higher education, and as such, UMSL is consistently ranked number one in affordability in the St. Louis region.

## Learn more at [coe.umsl.edu](http://coe.umsl.edu)

## Career Opportunities

Athletic Trainer  
Dietitian  
Exercise Physiologist  
Health Club Manager  
Health Club Owner  
Nutritionist  
Personal Trainer  
Strength and Conditioning Coach

### College of Education

1 University Blvd.  
116 South Campus Classroom Building  
St. Louis, MO 63121  
314-516-5939  
[ois@umsl.edu](mailto:ois@umsl.edu)  
[coe.umsl.edu/advising](http://coe.umsl.edu/advising)

### Office of Admissions

1 University Blvd.  
351 Millennium Student Center  
St. Louis, MO 63121  
314-516-5451  
[admissions@umsl.edu](mailto:admissions@umsl.edu)  
[admissions.umsl.edu](http://admissions.umsl.edu)



The University of Missouri–St. Louis is the largest public research university located in Missouri's most populous and economically important region. UMSL provides high-quality, affordable education to one of the most diverse student bodies in the state. No university is better connected to the surrounding region than UMSL. Seventy-three percent of our graduates stay in St. Louis. The region needs a workforce well-equipped to teach the region's population and UMSL is prepared to help you meet that need. Choose the University of Missouri–St. Louis for education.

# CHOOSE UMSL