Recommendations

B.S. Exercise Science

To learn more about how to make the most of your learning experiences within and beyond the classroom contact:
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**PARTICIPATE**

**Community Service**

**Related course**
EXSC 191: Physical Activity and Health, EXSC 341 a, EXSC 342 a-b, EXSC 410: Psychology of Physical Activity, EXSC 482; EXSC 555; EXSC 563; all required courses within Motor Development track.

**Sites/experiences**
There are endless numbers of potential sites and experiences for public health students. Site and experience selection depends upon (individual/group project) student interests. Students are encouraged to seek Community Service opportunities on their own and as part of course requirements. Some recommended sites/experiences include, but are not limited to, schools (K-12, higher education); churches; military bases; hospitals, free clinics, after school programs, community centers - anywhere people are. All Star Gymnastics; PAC Baseball; Tai Chi; Still Hopes’ ‘Stay Movin’ and Still Movin’ program; Good Bodies; Students are encouraged to spend time reviewing USC’s Community Service Directory and USC’s Student Organization Directory.

**Why this is important**
Public health professionals need exposure to a variety of community agencies, organizations, governmental actions, community dynamics, community neighborhood structure and organization to understand how to best address communities’ priority health needs.

**Global Learning**

**Related course**
PUBH 102: Introduction to Public Health; EXSC 481; EXSC 483; EXSC 499

**Timing for “study abroad”**
For B.S. students, study abroad is recommended during winter break or summer semesters depending upon the student’s progression. Laboratory science requirements and the sequencing of science courses often make study abroad challenging for B.S. students during fall & spring terms. B.A. students have more flexibility in their program to incorporate study abroad experiences.

**Destinations**
Again, since public health is everywhere, all study abroad destinations are recommended and relevant. Selection should be based on student’s interests. Many public health majors opt to travel to Spanish speaking countries as a way of improving their Spanish speaking skills for work with Hispanic/Latino populations. However, numerous students, who do not speak Spanish or who share this goal, have traveled to Africa, Italy, Germany, and countless other locations.

**Opportunities**
USC Alternative Break (Spring & Fall); faculty led study abroad programs, student volunteer directory. Student organizations not limited to, but including: GlobeMed at the University of South Carolina, Global Leadership Network, Students Associated for Latin America (SALA), Amigos del Buen Samaritano, Carolina Against Sex Trafficking (CAST), Engineers Without Borders - USA, Operation Smile at USC, Students Helping Honduras at the University of South Carolina, Timmy Global Health at USC, TOMS at University of South Carolina, FACE AIDS- University of South Carolina Chapter. The Arnold School also has several Centers and faculty who travel and conduct community-based public health research and interventions (e.g., Consortium for Latino Immigration Studies and PASOs Program).

**Why this is important**
Global study is directly connected to and critical for students in public health. Not only are many of our health problems at home (in the U.S.) shared by others around the world, but the leading causes of death and morbidity world-wide have an impact on each and every one of us. Many public health students
aspire to participate in the Peace Corps and such programs as Doctor’s Without Borders. Study abroad is the perfect compliment to students who are passionate about travel and about helping others at the international level.

**Peer Leadership**

**Student Organization(s)**

Students are strongly encouraged by their academic advisors, UNIV 101 class (required for all PH majors), faculty teaching core public health courses and through USC Connect to search the Student Life database of over 400 organizations to join.

**Opportunities**

The Arnold School has a Dean’s Advisory Council (DSAC) which includes student representatives from both Public Health and Exercise Science. Students are encouraged to be leaders in class projects and presentations. Students are also encouraged to participate in the numerous leadership opportunities through USC Student Government (as Arnold School Representatives), UNIV 101, Visitor Center Student Ambassadors, and Summer Orientation Peer Leaders.

**Why this is important**

Not only is leadership experience important for employability and successful admission to graduate programs, but it is essential for public health practitioners who direct, supervise and coordinate the many duties necessary to ensure the nation’s health.

**Internships**

**Related Courses**

EXSC 223; EXSC 224; EXSC 303; 341A, 481 (Health Fitness track), EXSC 342A, 342B, 482 (Motor Development track), EXSC 483 (Scientific Foundations track); EXSC 530; EXSC 531

**Recommended sites/work experiences**

There are endless numbers of potential sites and work experiences for public health students. Site and experience selection depends upon individual student interests and career goals. Students are encouraged to select a site as part of PUBH 498 course requirements. Some recommended sites/experiences include, but are not limited to: schools (K-12, higher education); churches; military bases; hospitals, free clinics, after school programs, community centers - anywhere people are. Student are encouraged to spend time reviewing USC’s Community Service Directory; meeting with the Community Internship Program Office through Career Counseling; and by networking with advisors, faculty and public health professionals.

**Professional Organizations**

American Public Health Association (APHA) Student Member; South Carolina Public Health Association, Student Chapter; Society for Health Education (SOPHE); American Association for Health Education (AAHE); American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), Student Member; and numerous others based on student interest.

**Other**

Some students, especially those interested in health education, opt to take the Certified Health Education Specialist (CHES) exam which is a national competency-based examination administered by the National Commission for Health Education Credentialing, Inc. Many job positions in health education and health promotion require applicants to have their CHES certification.

**Why this is important**

Public health is an applied profession and therefore requires students to develop a core set of skills and professional behaviors. Internship and practice opportunities are essential and critical to allow students the opportunity to “try-out” these skills and to be mentored/trained by practicing public health professionals. Students are strongly encouraged to
seek summer internships, independent studies and volunteer opportunities during their entire 4-year program - not wait until their Senior Capstone Seminar course (PUBH 498).

Research

Related courses

EXSC 4481; EXSC 482; EXSC 483; ESC 499; EXSC 695, EPID 410: Principles of Epidemiology, Independent Study (by Faculty Department & Interest; must have special permission)

Other recommendations

Students are strongly encourage to ask faculty teaching their public health core and related courses about their research interests and opportunities for involvement. Advisors routinely provide information about USC’s Office of Undergraduate Research, Arnold School and other campus faculty’s research areas, and public health sections of UNIV101 introduce students to resources on campus related to research. Numerous public health students have received Magellan Scholars awards to conduct health research with Arnold school faculty.

Why this is important

Exercise Science is a discipline, which is grounded in science and in creating an evidence-base for not only understanding and prioritizing population health issues, but also for developing prevention and treatment strategies. Epidemiology is the cornerstone of public health and is concerned with rigorous, reliable and accurate research methods, statistical procedures, data collection and analysis, research study designs, creating population health surveillance systems and numerous other science related functions (e.g., labs, disease tracking, water & sanitation inspections, etc.). All public health students must have an understanding of research principles and how to apply them to addressing current health issues to keep society well.

INTEGRATE

Integrate

All courses in the Exercise Science major focus on the “application” of theory, course concepts, course material, etc. to the “real world”. Because Exercise Science is an applied, practice-based discipline every course requires students to engage in integrative learning. Course assignments and activities include, but are not limited to: case studies, data collection, fitness assessments and prescriptions, and research projects. Exercise Science students are challenged to apply what they learn in a variety of new contexts throughout their coursework, laboratories, service learning activities, volunteer service, global study, peer leadership, leadership positions and ultimately in their Senior Capstone course (100-400+ hours of required out-of-the-classroom experiences). Students are encouraged to participate in USC Discovery Day and in other showcase settings as available.

Exercise Science is an applied, practice based field which requires students to develop skills which transcend subject matter. For example, all students need to demonstrate: critical thinking skills, interpersonal communication (written & verbal) skills, how to locate and interpret health data, and public speaking/presentation skills.

LEAD

Initial career opportunities

Exercise Science students will be prepared for entry level positions in a variety of settings to include, but not limited to: Commercial fitness and wellness facilities, Not-for-profit agencies/organizations (e.g., United Way, Red Cross, American Heart Association, American Diabetes Association, Eat Smart Move More, Alzheimer’s Association), Local, state, federal governmental agencies (e.g., SC DHEC, county health departments, health & human services, CDC, offices of
Related graduate programs

Graduate/Professional degree programs: Exercise Science students in the B.S. program will be prepared for graduate study in many areas including, but not limited to: Medicine, Physician's Assistant, Nursing, Pharmacy, Occupational Therapy, Physical Therapy, Athletic Training, Nutrition, Speech and Hearing Disorders as well as Public Health (MPH) in any area (i.e., Health Promotion, Environmental Science, Epidemiology, Biostatistics, Health Services Administration - MHA); Social Work (MSW), Law, and any social behavior science (e.g., medical anthropology, tropical disease/global health, psychology, sociology, education, counseling).

Future career opportunities

Advanced study in the field (PhD, EXSC) could result in employment as CEO of a not-for-profit organization, Director/Agency Head in a governmental agency such as the CDC or US Department of Health and Human Services, higher education settings (i.e., faculty and research positions), scientist/researcher in policy organizations such as Robert Wood Johnson Foundation, Kaiser Permanente, Brookings Institute and/or as a self-employed consultant.

The listed experiences are a sample of options for your major. See the USC Connect experiences database to search for more opportunities. www.sc.edu/usconnect/participate