B.S. EXERCISE SCIENCE

Each year of this plan includes milestones that support the four pillars of career development — self-discovery, exploration, experience, and action. These milestones are here to guide you, not limit you — your journey may move at a different pace, and that's completely okay.

YEAR 1 | BUILD FOUNDATIONS

- ❍ Identify your career goals and take career & personality assessments to understand your skills, interests, values and strengths
- ❍ Know your area of study and review academic bulletin
- ❍ Examine success/support options like the Office of Student Advocacy
- ❍ Explore potential career paths for job shadowing in career fields
- ❍ Explore Undergraduate Programs, learning outcomes and full course descriptions to understand your goals & decide on industry vs. medical/ grad school
- ❍ Explore Education Abroad for future opportunities
- ❍ Explore What Can I Do With This Major? and O*Net for Public Health career options
- ❍ Visit Garnet Gate & the August Student Org Fair to explore and join clubs or orgs for your major
- ❍ Check out the Leadership and Service Center, Graduation with Leadership Distinction in Community Service, Center for Integrative and Experiential Learning and Sustainability for options of engaging as you Create Your Plan
- ❍ Discuss shadowing opportunities with your Health Professions CC
- ❍ Engage with an ASPH Ambassador
- ❍ Attend the Part-Time Job Fair & Health Professions Fair in the fall/spring
- ❍ Explore your options to see where exercise science alumni are working & what skills they have developed
- ❍ Get involved to build on the eight Career Competencies employers look for
- ❍ Meet with Health Professions CC or PPA to develop a customized career plan and resume

YEAR 2 | EXPLORE POSSIBILITIES

- ❍ Consider new experiences, clubs, part-time on-campus jobs, undergraduate research and leadership roles to gain experience & new skills
- ❍ Check in with your CC and update documents
- ❍ Join Mentorship Hub and LinkedIn to connect with USC Alumni
- ❍ Explore the Career Center Toolkit for additional career readiness resources
- ❍ Investigate ASPH Research as a core experiential education path
- ❍ Job shadow for career options
- ❍ Follow trends online and the ASPH Listserv for current opportunities
- ❍ Start looking and apply early for summer and fall opportunities
- ❍ Explore companies related to your field at the Health Professions Fair

YEAR 3 | FIND FOCUS

- ❍ Check in with your CC and update documents in the Career Hub
- ❍ Assess previous involvement & participate in leadership roles
- ❍ Join a new major-related club or organization to network & enhance skills
- ❍ Start looking for and secure a summer internship/co-op
- ❍ Attend panels, workshops, job shadowing on-siteand informational interviews to gain confidence & grow connections
- ❍ Review past career assessments to see your top work values and skill sets
- ❍ Maintain strong relationships with ASPH Faculty and past employers for networking and assistance
- ❍ Attend Career Center and PPA information sessions in Handshake
- ❍ Continue to connect with alumni and employers online
- ❍ Visit Pre-Professional and Graduate School Advising to update clinical hours, schedule testing, and prepare to apply to professional school

YEAR 4 | PREPARE FOR LAUNCH

- ❍ Solidify references & recommendations
- ❍ Join professional groups and set job alerts for your search
- ❍ Use any relevant resources to network & reach out to contacts
- ❍ Research online to know more about the companies and positions you are interested in and explore career paths, job titles and salaries
- ❍ Confirm your path for applications and track your searches to stay organized
- ❍ Verify graduation requirements and complete Graduation with Leadership Distinction
- ❍ Review & update your professional documents and online profiles
- ❍ Review your top skills & experiences from the last four years that are most relevant to a professional career
- ❍ Practice verbal and physical skill sets in practicum sequence
- ❍ Meet with a CC or PPA to create a plan for your job search or GAP year
- ❍ Engage in interview preparation & practice — create a document with your most relevant experiences and apply the STAR method
- ❍ Complete the graduation survey to share your post-grad plans

Legend

CC Career Coach
PPA Pre-Professional Advisor

Handshake
Gamecock GradStats

Revised June 2026

Career Center
UNIVERSITY OF SOUTH CAROLINA
sc.edu/career

GAMECOCK GRADSTATS DATA

Average Annual Salary of USC B.S. Exercise Science Graduates*

$60,335

** 5-7 years after graduation*

Skills Employers Look for

(in no particular order)

Customer Service
Exercise
First Aid
Health Care
Interpersonal Communication
Leadership
Management
Microsoft Excel
Multitasking
Problem Solving
Public Speaking
Research
Sales
Social Media
Teamwork

DON'T FORGET THESE IMPORTANT TASKS!

- ❍ Build & update your **Handshake** profile.
- ❍ Create & update **professional documents** (resume, CV, references, etc.).
- ❍ **Schedule an appointment** with Career Coaches and/or Pre-Professional Advising staff.

DISCOVER EMPLOYERS HIRING YOUR MAJOR

CAREER CENTER TOOLS

Check out the links below and explore all the tools the Career Center has to offer.

CANDID CAREER

Candid Career is our provider for thousands of video informational interviews with industry professionals. You can get real insight on careers, as well as tips to sharpen your the job search.

CAREERSHIFT

CareerShift is an online tool that allows you to search, select and store job listings from all job boards and all company job postings. You can also find up-to-date contact information for millions of companies.

GAMECOCK GRADSTATS

Explore the possibilities! Search & view USC students' post graduation career paths: where they work, skills they use, & how much they earn.

HANDSHAKE

Handshake is the Career Center's online resource for jobs, internships, events and employer connections. Handshake is also where you can find resources and make appointments with a career coach.

INTERSTRIDE

Interstride is a one-stop-shop that empowers you to thrive internationally.

MENTORSHIP HUB

Mentorship Hub is an online platform that connects the USC community. The platform provides career support, career resources, and an opportunity to mentor or seek mentorship.

WHAT CAN I DO WITH THIS MAJOR?

Explore unexpected career possibilities for your degree and see how other students turned their major into amazing careers.

Other Campus Resource Links:

- Academic Advising
- Center for Integrative and Experiential Learning
- Leadership and Service Center
- Office of Undergraduate Studies
- Undergraduate Research

The Career Center realizes that every student has a unique journey during their time here at the University of South Carolina. All students move at different paces along different paths. We acknowledge your individual needs and will meet you at whatever stage you are in. This document is meant to serve as a milestones guide to help you plan your future and your goals.