

# Exercise Science

When I began going to college in the fall of 2013, I had no idea what degree I wanted to pursue. I had so many ideas in my head and I felt like a kid again. When I was in third grade, I always told my mom that I was going to be an officer, a veterinarian and a chef. When I was in high school, I made up my mind that I wanted to go into the nursing field. I wanted to be a nurse because it was within the medical field and the jobs can kind of vary. As the semesters went on, I changed my mind and I wanted to be a teacher. When I was younger, I always wanted to be a teacher because it looked fun. After thinking about that for a while, I changed my mind once more. I have finally decided that I want to major in Exercise Science. I changed my mind because it was a more specific specialty within the medical field. I also enjoy sports and helping others improve. I thought it was a good combination of both teaching and treating so that's apart of the reason why I wanted to major in Exercise Science.



Physical therapy is the treatment of disease, injuries or deformity by physical methods such as massages, heat treatment and exercise rather than being treated by drugs or surgery. Here at Fort Lewis I'm majoring in Exercise Physiology which basically a fancy way of saying physical therapy. While in this field, I'll learn the skills to treat several injuries. Injuries such as ankle sprains, carpal tunnel syndromes, knee

tendinitis and much more. I haven't taken any courses specifically subjected to Exercise Science, but I have taken a few Biology courses which is a large building block in the major. In the fall of 2015, I'll be taking my first exercise science class and I'm excited to be learning more about the job I'd like to do for a very long time.