

DEPARTMENT OF PUBLIC HEALTH AND EXERCISE SCIENCE

EXERCISE SCIENCE

A Bachelor's of Science degree in exercise science is an academic degree which addresses the healthcare and physical fitness needs of various populations in the community. The degree is firmly grounded in the sciences, humanities, social sciences and liberal arts. The degree fulfills Saint Augustine's University campus-wide undergraduate core proficiency in developing skills to quantitatively interpret methods and concepts in Exercise Science.

CORE CURRICULUM

- Introduction to Exercise Science
- Human Anatomy and Physiology
- Strength and Conditioning
- Measurement and Evaluation in Exercise Science
- Kinesiology
- Human Nutrition
- Graded Exercise Testing
- Biomechanics
- Physiology of Exercise
- Medical Physiology
- Human Gross Anatomy
- Clinical Pharmacology
- Internship in Exercise Science

FOR MORE INFORMATION, CONTACT:

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The **EXERCISE SCIENCE** program is one of the University's new and exciting programs that enables students to engage in academically challenging and mentally stimulating courses such as anatomy and physiology, exercise prescription, physiology of exercise, biomechanics, strength and conditioning, human nutrition, graded exercise testing and kinesiology. These programs will equip students to perform several strength and physiological tests on various athletes, older adults, and target populations. Overall, the students will be prepared to take several national certification exams in the area of group and personal training, strength and conditioning, and exercise physiology. A B.S. degree in exercise science can open the door to exciting careers such as the following:

- Corporate, Public, and Private Health and Fitness Centers
- Rehabilitation, Exercise Science, and Sports Medicine programs
- Medical Support Staff
- Cardiac Rehabilitation
- Personal Training
- Exercise Physiologist

It is our goal to graduate students that are competent, independent and critical thinkers in the area of wellness and healthcare. They will use their knowledge and experience in the field of exercise science to assess, design and implement programs for individual and group exercise, therapy and fitness programs. As our students join the professional workforce in the 21st century, they will be equipped to demonstrate the skill set, knowledge and ability to adapt and develop programs to enhance the field of exercise science.

OCCUPATION	DEGREE	JOB SUMMARY	2015 MEDIAN SALARY
Exercise Physiologists	Bachelor of Science in Exercise Science	Exercise Physiologists develop fitness and exercise programs that help patients recover from chronic diseases and improve cardiovascular function, body composition, and flexibility. Taking Pre-requisites can also qualify a student for Graduate Schools and Professional Schools.	\$42,690
Recreational Therapists	Bachelor of Science in Exercise Science	Recreational Therapists plan, direct, and coordinate recreation-based treatment programs for people with disabilities, injuries, or illnesses. Recreational therapists use a variety of modalities, including arts and crafts, drama, music, dance, sports games, and community reintegration field trips to help maintain or improve a patient's physical, social, and emotional well-being.	\$42,280
Respiratory Therapists	Bachelor of Science in Exercise Science	Respiratory Therapists care for patients who have trouble breathing: for example, from a chronic respiratory disease, asthma, emphysema, monitor respiratory and cardiovascular condition of athletes	\$55,870
Fitness Trainers and Instructors	Bachelor of Science in Exercise Science	Fitness trainers and instructors lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular exercise, strength training, and stretching. They work with people of all ages and health conditions.	\$31,720

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