

EXERCISE SCIENCE - EXSC

Major Overview

The Exercise Science major focuses on how physical movement impacts human form and function from a biological, mechanical, and behavioral perspective. This major would be housed in the Biology department, and offers options for either a B.A (Health and Fitness concentration), or a B.S. (Rehabilitative Science concentration). The Health and Fitness concentration (51-52 credit hours) is designed for students who are interested in pursuing graduate work in Occupational Therapy, or Athletic Training, or a career in health and fitness. The Exercise Physiology concentration (60 credit hours) is designed for students who are interested in pursuing graduate work in Exercise Science, Kinesiology, Exercise Physiology and related fields as well as preparation for health professional programs, including Physical Therapy or Medical School.

Both concentrations will prepare students to sit for the ACSM exam which provides a certification to work as an Exercise Physiologist.

Heart disease is the leading cause of death in the United States. Exercise scientists are responsible for research, development, and implementation of heart disease prevention regimens as well as other physical and mental wellness programs. As a result, careers in exercise science continue to expand and are estimated to grow by 10% by 2026. Examples of exercise scientist careers include:

fitness center managers
health coaches
physical education educators
exercise physiologists
personal trainers
athletic directors
wellness program managers
wellness directors
healthcare consultants
camp directors
non-profit wellness program directors
recreation directors

This program is designed for students interested in pursuing a career in fitness, wellness and/or graduate work in these and related fields. Exercise science is also a viable option to prepare for health professional programs, including Physical Therapy, Occupational Therapy, and Athletic Training.

Given the nationwide need for exercise science professionals, women in this profession are needed more than ever. For example, women athletic trainers are underrepresented in men's professional sports. In 2020, the NFL had only eight full-time female athletic trainers across all teams. The need continues to grow for women athletic trainers in the workplace.

Programs

- Health and Fitness, Bachelor of Arts - EXHF (<https://catalog.saintmarys.edu/undergraduate/programs/biology/exercise-science/health-fitness-bachelor-arts/>)
- Rehabilitative Science, Bachelor of Science - EXRS (<https://catalog.saintmarys.edu/undergraduate/programs/biology/exercise-science/rehabilitative-science-bachelor-science/>)

Student Learning Outcomes

- Understand the fundamental principles of human physiology and kinesiology

- Integrate current scientific knowledge with the professional practices of exercise, health, and fitness
- Employ communication skills and collaboration strategies that promote an interdisciplinary team approach to human health and wellness
- Demonstrate safe, ethical, and professional behavior appropriate for the field
- Critically evaluate and assess practices in the field