**EXERCISE SCIENCE**

DEPARTMENT OF EXERCISE AND REHABILITATIVE SCIENCES
COLLEGE OF HEALTH, ENVIRONMENT AND SCIENCE

**WHAT CAN I DO WITH AN EXERCISE SCIENCE DEGREE?**

With a degree in exercise science from Slippery Rock University, you will be prepared to continue on to graduate school in one of many health care fields or begin a career in the wellness/health/fitness profession. You will have the knowledge and skills to be accepted and successful in a variety of graduate programs such as physical therapy, physician assistant, occupational therapy, chiropractic medicine, exercise physiology, athletic training or public health. As a wellness/health/fitness professional, you will evaluate health behaviors and risk factors, conduct fitness assessments, develop and implement safe and effective exercise prescriptions and coach individuals to modify health habits and maintain positive lifestyle behaviors.

**EXERCISE SCIENCE AT SRU**

If studying the human body and using exercise as medicine excites you, exercise science may be perfect for you. SRU’s exercise science program is nationally recognized as one of the best in the country. The program is accredited by the Commission on Accreditation of Allied Health Programs and endorsed by the National Strength and Conditioning Association. Our classes provide a strong human science base covering subjects that include anatomy, exercise physiology and biomechanics and enable you to apply this knowledge in practical experiences working with real people. Many transferrable skills such as communication, assessment and motivation of people, and the ability to prescribe exercise to prevent or treat disease will be gained.

**WHY CHOOSE EXERCISE SCIENCE AT SRU?**

1. **Hands-on approach:** We all know that we learn better by doing than by sitting and listening. Our program includes extraordinary hands-on learning in smaller laboratory and classroom settings.

2. **Experienced faculty:** You will be taught by full-time faculty members who bring real-life examples and research and/or industry experience to enhance your learning experience.

3. **Projects and research with faculty:** Exercise science majors have opportunities to collaborate with faculty in undergraduate research. These collaborative research opportunities are a long-standing tradition in the program and all undergraduates should seriously consider experiencing this high-impact practice.

4. **Support and guidance:** Every undergraduate is assigned an academic adviser to guide you through your program of study and help you make decisions about educational and career goals.

5. **Critical thinking:** Have you ever thought about how you think? Can you make decisions and solve problems in a logical, clear, and accurate way? A primary focus of our curriculum is to help you become a better critical thinker as you solve real-life problems, a skill desired by all employers.

*This program prepares you to sit for national examinations. While professional licensure/certification is not required, some employers may require certification.

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**MAJORS**

- Exercise Science (BS)*

**ACCELERATED PROGRAMS AND AFFILIATIONS**

- Exercise Science (BS) 3+2 or Traditional Pre-Athletic Training (SRU)
- Exercise Science (BS) 3+3 or Traditional Pre-Occupational Therapy (SRU)
- Exercise Science (BS) 3+2 or Traditional Pre-Physician Assistant (SRU)
- Exercise Science (BS) 3+3 or Traditional Pre-Physical Therapy (SRU)

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Slippery Rock University
A member of Pennsylvania’s State System of Higher Education
EXPERIENCE THE DIFFERENCE
www.sru.edu
INTERNERSHIP OPPORTUNITIES
SRU exercise science students have completed internships at various locations including:

• Cleveland Clinic
• Corporate Fitness Works
• Duke University Diet and Fitness Center
• Ohio State University Strength and Conditioning
• Olympic Training Center
• Reebok CrossFit
• St. Jude Children’s Research Hospital Human Performance Lab
• University of Pittsburgh Medical Center Shadyside Hospital
• University of Northern Colorado Cancer Rehab Institute

CAREER OUTCOMES
While many SRU exercise science majors will continue their education after earning their bachelor’s degree, graduates of the department have secured careers in the following areas:

• Clinical exercise physiologist, Jefferson Hospital
• Exercise physiologist, Heritage Valley Health System
• Health & Wellness coordinator, Verizon
• Fitness manager, Washington Health Systems Wilfred R. Cameron Wellness Center
• Fitness manager, Lutheran SeniorLife Passavant Community
• Health coach, UPMC Health Plan
• Senior account manager, DICK’S Sporting Goods, Corporate Fitness Works
• Owner, Finish First Sports Performance
• Head of strength and conditioning, Columbus Crew
• Head sports performance coach, Cleveland Clinic Akron General Sports Performance

CLUBS AND ORGANIZATIONS

• Exercise Science Society
• Major Fitness
• Pre-Athletic Training Club
• Pre-Occupational Therapy Club
• Pre-Physician Assistant Club
• Pre-Physical Therapy Club
• Resistance Training Workshop
• Run Club
• Strength and Conditioning Association

ALUMNI SPOTLIGHT

Nathan Zigler, ’16
Physician assistant student, Chatham University, Pittsburgh, Pennsylvania
“The faculty really prepared me for the next step in my education. I remember dreading the critical thinking lessons during my time at SRU but I can’t begin to explain how helpful it has been to me, especially in a physician’s assistant program that focuses heavily on problem-based learning. The faculty helped to prepare me to become an independent thinker, a team player, a kind and considerate person and a life-long learner.”

McKenzie Moore, ’16
Health & wellness benefits coordinator, Southwest Airlines, Dallas, Texas
“I am so thankful and blessed for the education and guidance that I received. The personal and professional development that I experienced at SRU is something that most people don’t experience in their entire life and I owe it all to my professors. I would not be where I am today without them.”

Nicholas Wilhelm, ’13
Physical therapist, Tsehootsooi Medical Center, Fort Defiance, Arizona
“I could not have asked for a better major or professors. There is a sense of family within the faculty and students. I would not be where I am today without the foundation built through this program. I learned that no matter how well I thought I did, I could always do better. I will always feel a sense of pride when I wear my Exercise Science shirt.”