

EXERCISE SCIENCE

COLLEGE OF HEALTH PROFESSIONS



MAJOR

- Exercise Science (BS)*

ACCELERATED PROGRAMS AND ARTICULATIONS

- Exercise Science (BS) 3+2 or Traditional Pre-Athletic Training (SRU)*
- Exercise Science (BS) 3+3 or Traditional Pre-Chiropractic (Logan)*
- 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)*

*Slippery Rock University (SRU) is required by the State Authorization Reciprocity Agreement and US Department of Education to notify you whether our program meets the academic licensure/certification requirements in another state. All jurisdictions have their own requirements for licensure/certification eligibility. SRU is approved to offer programs that may lead to licensure/certification in Pennsylvania. We are unable to determine our program's eligibility in states other than PA. Please review the licensing board contact resource at www.sru.edu/licensure-certification to seek guidance on the requirements of licensure in your home state or where you would like to practice professionally. Note that state requirements are subject to change at any time and without notice.

SlipperyRock
University

A member of Pennsylvania's State System
of Higher Education

EXPERIENCE THE DIFFERENCE

www.sru.edu

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 transferable skills will be gained such as communication, assessment of the motivation of people, and the ability to prescribe exercise to prevent or treat disease.

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, 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 within the department 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.

INTERNSHIP OPPORTUNITIES

SRU exercise science students have completed internships at various locations including:

- Allegheny Health Network Sports Performance
- Apple
- Cleveland Clinic
- Maple Tree Cancer Alliance
- Next Level Spine & Sport
- Pittsburgh North Fitness
- Pure Edge Performance
- Robert Morris University Strength & Conditioning
- Rose E. Schneider Family YMCA
- University of Pittsburgh Medical Center Hospitals - Cardiac Rehab

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:

- Exercise Oncology Instructor, Maple Tree Cancer Alliance
- Strength & Conditioning Coach, Division I & II Athletics
- Clinical Exercise Physiologist, Allegheny Health Network Cardiac Rehab
- Assistant Manager, Union Fitness
- Owner, Global Human Performance
- Health Coach, UPMC Health Plan
- Fitness Manager, YMCA
- Wellness Coach & Personal Trainer, The Flourish Group
- Exercise Physiologist, Next Level Spine & Sport

CLUBS AND ORGANIZATIONS

- Exercise Science Society
- Pre-Athletic Training Club
- Pre-Occupational Therapy Club
- Pre-Physician Assistant Club
- Pre-Physical Therapy Club
- Resistance Training Club
- Rock Run Club



ALUMNI SPOTLIGHT

Donald Robinson, '14

Owner, Global Human Performance, Pittsburgh, Pennsylvania

"My degree at SRU gave me a strong background in human anatomy and physiology that made understanding coaching practices for strength & conditioning, track & field, and injury recovery (the three focuses of my business) easier. The focus on practical experience and professionalism in the curriculum aligned with my natural people skills which has led to many opportunities."

Alyssa Cirillo, '14

*Clinical Manager, Athletico Physical Therapy
Cuyahoga Falls, Ohio*

"Studying Exercise Science at SRU prepared me for success in many ways but I would say one of the most beneficial lessons learned was professionalism. SRU's program has a culture that is known far beyond the university's campus. Students who are committed take pride in saying that they are studying Exercise Science at Slippery Rock University. Based on the expectations held by professors in the classroom, the reputation had on campus, and the involvement Exercise Science students have early on in the community, professionalism is not just recommended, it is expected. We dress professionally for presentations and community outings. We learn to speak professionally. We are encouraged to engage professionally by shadowing health professionals in various settings."

Melanie Clarke, '18

*Lecturer & Subject Coordinator, La Trobe University
Melbourne, Australia*

"The Exercise Science Degree at Slippery Rock University was foundational for my career. The faculty in Exercise Science helped me discover my love of learning and research. Most importantly, the exercise science degree prepares you to be a competent professional. The high standards of this degree keep you accountable and honest, which are key selection criteria for graduate programs and academic and industry positions."

ACADEMIC CONTACT:

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FOR MORE INFORMATION:

www.sru.edu/majors

ADMISSIONS OFFICE:

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