

## exercise science

The Exercise Science major at SRU prepares you with the knowledge, skills, and abilities to work as a professional in the health and fitness industry. Exercise Science professionals graduating from our program are skilled in:

- Evaluating health behaviors & risk factors
- Conducting fitness assessments
- Developing and implementing safe & effective exercise prescriptions
- Motivating individuals to modify health habits and maintain positive lifestyle behaviors

The Exercise Science program at Slippery Rock University is one of the most prestigious programs of its kind in the country. As a student in this major, you will prepare to become a leader in the industry while developing expertise in utilizing cutting edge technology and hands on learning experiences under the careful supervision of a student-centered faculty. The curriculum provides you with a strong science base including anatomy, exercise physiology, and biomechanics, and then allows you to apply this knowledge in practical experiences working with “real” people. The Exercise Science Program became one of the first six schools in the nation to receive accreditation from the Commission on Accreditation of Allied Health Programs (CAAHEP), the largest programmatic accreditor in the health-sciences field. The program is also endorsed by the National Strength and Conditioning Association. With your degree in Exercise Science from Slippery Rock University, you will be recognized as a qualified and respected professional in the field.

## Major

### Major:

- Exercise Science (BS)
- Exercise Science 3+3 PT (BS)

<http://www.sru.edu>

SlipperyRock  
University  
of Pennsylvania

## advantages

- Science-based education
- BS degree from an accredited program with an outstanding national reputation
- Learning opportunities outside of classroom
- Focus on development as professionals
- Student-faculty research opportunities
- Preparation for national certification exams
- Student-oriented faculty focused on education
- Excellent laboratory facilities
- Department scholarships
- Hands-on learning



## career opportunities

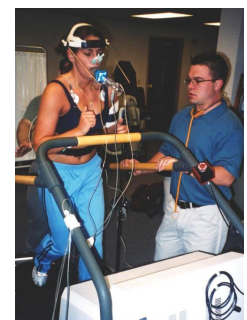
As a graduate from the Exercise Science Program, you will be prepared for a wide range of careers or continued education.

### Popular Career Paths

- Cardiac Rehabilitation Specialist
- Corporate Wellness Director
- Community Wellness Director
- Wellness Coach
- Strength & Conditioning Coach
- Older-Adult Fitness Program Coordinator
- Personal Trainer

### Common Graduate School Options

- Exercise Physiology
- Physical Therapy
- Occupational Therapy
- Nursing
- Physicians Assistant
- Chiropractic
- Doctor of Medicine
- Doctor of Osteopathy



# Exercise Science



## practical experience and internships

In the Senior Synthesis course, you will be matched with a client from the community for a semester long experience in developing and implementing an individualized exercise program, while receiving guidance from the faculty. The culminating experience in the program is a faculty-supervised 12 credit internship. The internship allows you the opportunity to apply career-oriented skills in a facility of your choice. The internship site is selected through careful advisement to provide you with the best possible experience that aligns with your career goals. There are currently over 100 sites all over the United States. There is a growing nationwide network of graduates from the SRU Exercise Science Program leading the way in a vast array of exercise, health care, and research settings.

### Internship Sites Include:

- Glaxo-Smith Kline
- Highmark Blue Cross Blue Shield
- Hamot Medical Center
- Verizon Wireless
- NASA
- Olympic Training Center
- Cooper's Institute
- UPMC Sports Performance
- Corporate Fitness Works
- Duke Diet and Fitness Center
- Westinghouse

## 3+3 physical therapy specialization

Exercise Science is an approved undergraduate major for the 3+3 Physical Therapy specialization. This unique program provides students with the opportunity to earn a Doctor of Physical Therapy degree (DPT) in six years rather than seven. This entails three years in the Exercise Science undergraduate program and three years in the Graduate School of Physical Therapy. During your junior year you would apply for admission into the DPT Program. If accepted, your first year in the DPT Program will meet the requirements for your undergraduate degree. This is a highly accelerated and challenging academic program designed for incoming freshmen only.

## student organizations

- **Strength and Conditioning Association**
- **Adapted Physical Activity Council**
- **Exercise Science Society**
- **Pre-Physical Therapy Club**
- **Major Fitness**
- **Run Club**



## Contact Info:

### Admissions Office

146 North Hall Welcome Center  
Slippery Rock University  
Slippery Rock, PA 16057  
Phone: 724-738-2015  
E-mail: [admissions@sru.edu](mailto:admissions@sru.edu)  
Campus Tours: 1-800-929-4778  
Web: [www.sru.edu/undergraduateadmissions](http://www.sru.edu/undergraduateadmissions)

### Department Contact:

Jeff Lynn, Program Coordinator  
Exercise Science Program  
304 Patterson Hall  
Slippery Rock, PA 16057  
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Web: [www.sru.edu/majorsandminors](http://www.sru.edu/majorsandminors)

Slippery Rock University is an equal opportunity/affirmative action institution  
A member of the Pennsylvania State System of Higher Education