

EXERCISE SCIENCE

DEPARTMENT OF EXERCISE SCIENCE AND ATHLETIC TRAINING
COLLEGE OF HEALTH PROFESSIONS



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-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 transferrable 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:

- Apple
- Cleveland Clinic
- Corporate Fitness Works at DICK'S Sporting Goods
- 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
- Pre-Athletic Training Club
- Pre-Occupational Therapy Club
- Pre-Physician Assistant Club
- Pre-Physical Therapy Club
- Resistance Training Workshop
- Rock 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."

DEPARTMENT CONTACT:

304 Patterson Hall
Beth Larouere, program coordinator
exercise.science@sru.edu
724-738-4864

FOR MORE INFORMATION:

www.sru.edu/majors

ADMISSIONS OFFICE:

North Hall Welcome Center
asktherock@sru.edu
724.738.2015