

UNDERGRADUATE PROGRAM

Exercise Science

Careers

The exercise science industry offers graduates a variety of career options:

- Academia (pre-K-12; higher education)
- Athletic trainer (Sports medicine)
- Athletic Coach
- Biomechanist/Kinesiologist
- Chiropractor
- Corporate/Workplace wellness coordinator
- Exercise physiologist
- Fitness facility/program director
- Massage therapist
- Medical doctor (Orthopedics)
- Medical equipment sales representative
- Occupational therapist
- Orthotist/Prosthetist
- Personal/Group fitness instructor
- Physical therapist
- Physician assistant
- Research scientist
- Respiratory therapist
- Sports nutritionist
- Sports psychologist
- Sports sociologist
- Strength and conditioning coach

Make
Your World
More

Ursuline College 

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You know the value of fitness to your own well-being. You're ready to teach others.

In Ursuline's undergraduate Exercise Science program, you'll hone your scientific inquiry skills in gross anatomy and applied physiology courses. You'll explore human movement and its importance for the overall health and well-being of people of various ages and states of wellness.

A degree in Exercise Science provides an excellent foundation for careers in any fitness or allied healthcare profession. For instance, you may work in a corporate wellness intervention program, a hospital setting, or for a health club. You'll help to meet the growing demand for quality healthcare professionals.

"All in all, I can't think of anyone along my path that hasn't been encouraging towards me, which makes me appreciate the atmosphere at Ursuline College more and more."

Her Take

Addisen Holt
Biology major, Chemistry and Exercise Science minor



Exercise Science

Course Requirements

Foundation Courses

BI 214/L	Anatomy & Physiology I and Lab
BI 215/L	Anatomy & Physiology II and Lab
CH 105/L	Principles of Chemistry I and Lab
EXS 101	Introduction to Exercise Science
EXS 150	Adult and Pediatric First Aid/CPR/AED
EXS 201/L	Foundations of Human Movement and Lab (Distribution Course)
EXS 205/L	Exercise Physiology I and Lab
EXS 206/L	Exercise Physiology II and Lab
EXS 310/L	Exercise Testing and Prescriptions and Lab
EXS 360	Exercise and Special Populations
EXS 460	Research and Design in Exercise Science
EXS 490	Capstone with practicum
MAT 212	Introduction to Statistics (Distribution Course)

Ursuline Core

UC 101	First Year Seminar
UC 201	Identity, Diversity, and Community
UC 401	Capstone Seminar
EN 123	College Composition
EN 124	College Research
Science	Completed as a requirement for the major (EXS 201/L)
MAT	Completed as a requirement for the major (MAT 212)
PS or SO	One psychology or sociology course
EN Literature	One literature course
HI or PO	One history or political science course
AR, AT or MU	One art, art therapy, or music course
PH	One philosophy course (300-level or higher)
RS	Two religious studies courses (one must be 300-level or higher)

Meet the Faculty

Assistant Professor Dr. Scott Willis holds his BA and MS in Exercise Science, a DHS (Doctorate in Health Science and Exercise Leadership), and holds credentials as a Performance Enhancement Specialist (NASM), a Certified Speed Specialist (NASE), a Functional Movement Screen-Level 1 practitioner, and a Mental Health First Aider. He specializes in developing athletes to perform at the top of their game by translating fundamental movement patterns into sport-specific skills. He has also worked with a wide-range of clients rehabbing from surgery and those living with traumatic brain injury, multiple sclerosis, fibromyalgia, and more.



Contact Us

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