

EXAMPLE FOUR-YEAR PLAN

EXERCISE SCIENCE | 120 CREDITS

MAJOR

CORE

ELECTIVES

FIRST YEAR

FALL Courses

Search For Meaning	4
Leadership for Social Justice	3
Math for the Health Professions	3
Introduction to Exercise and Sport Science	1
Intro to Cell and Molecular Biology	4
TOTAL	15 credits

SPRING Courses

Philosophy	3
ENG 110 or 120 (depending on placement)	3
Oral Communications	2
Strength Training & Conditioning	3
Human Anatomy	4
TOTAL	15 credits

SOPHOMORE YEAR

FALL Courses

World Language	3
Theology	3
Introduction to Psychology	4
Fitness Formats and Trends	3
Human Physiology	4
TOTAL	17 credits

SPRING Courses

History	3
Humanistics Course	3
Certified Personal Training	4
Motor Learning and Control	3
General Chemistry I	4
TOTAL	17 credits

JUNIOR YEAR

FALL Courses

Literature	3
Organic and Biochemistry	4
Statistics	4
Kinesiology and Biomechanics	4
Health Care Terms – Evidence-based practice	1
TOTAL	16 credits

SPRING Courses

Humanistics Course	3
Fine Arts	3
Exercise Testing and Prescription	4
Care and Prevention of Athletic Injuries	3
Elective	3
TOTAL	16 credits

SENIOR YEAR

FALL Courses

Literature / Fine Arts Option	3
Modern Health and Wellness	2
Health Care Teams: Opportunities and Challenges with Special Populations	1
Fieldwork	2
Health Psychology	4
Exercise Physiology	3
TOTAL	15 credits

SPRING Courses

Global Course	3
National Trends of Disease	2
Health Care Teams: Foundations and Medical Terminology	1
Nutrition Principles	4
Capstone	1
Fieldwork	4
TOTAL	15 credits

UPDATED FEB 2022

This example plan is intended to outline the number and types of courses a student might take in order to fulfill the degree, major, core and elective requirements to graduate. Students meet with their academic advisor each semester to review progress toward fulfilling their degree requirements.

MOUNT MARY UNIVERSITY

EXERCISE SCIENCE

SCHOOL OF NATURAL & HEALTH SCIENCES AND EDUCATION



Exercise science practitioners inspire others to better their health and performance

A degree in exercise science prepares students to enter a variety of work environments and support others on their health and fitness journeys. Students can earn three certificates* while they complete their degree:

- Group exercise instructor
- Personal trainer
- Exercise physiologist

The program also provides the perfect foundation for graduate programs in: nutrition and dietetics, occupational therapy, kinesiology, medical school, physical therapy or a physician's assistant program.

Through Mount Mary's exercise science program, students will learn:

- Science and psychology
- Body mechanics and physiology
- Exercise modes and monitoring physical responses for diverse populations
- Professional standards for personal training and/or group exercise
- Ethics and motivation of exercise science practices

*Certification/Licensure

The exercise science program provides students the opportunity to obtain three certifications while completing the degree. The certifications are as follows:

- National Academy of Sports Medicine: Personal Trainer Certification
- Athletics and Fitness Association of America: Group Fitness Instructor Certification
- American College of Sports Medicine: Exercise Physiologist Certification

Facilities and Technology

Classes will take place in the newly reimagined Caroline Hall Gym and Fitness Center. These facilities will be shared with Mount Mary's Blue Angel Athletes for training, body mechanics and group exercise classes. There will also be a biometrics lab specifically designed for exercise science in Notre Dame Hall.

CAREER OPPORTUNITIES

The Bureau of Labor Statistics projects a 23% growth in employment of Exercise Science professionals from 2016-2026.

Students graduating with a degree in exercise science might pursue careers in one of the following areas:

- Exercise physiologist
- Health coach / wellness coach
- Cardiac rehab specialist
- Corporate wellness
- Health and wellness coordinator
- K-12 physical educator
- Fitness center management
- Fitness coordinator

LEARN MORE ONLINE

For additional information about Mount Mary University's exercise science major, please visit mtmary.edu/academics.

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