

HEALTH AND EXERCISE SCIENCE

PROGRAM OVERVIEW

Students in our program apply scientific exploration of the human body's response during exercise. They will apply this knowledge to enhance one's level of fitness in a variety of different populations, including healthy, diseased, or athletic individuals. Students from this major are fully prepared to enter the world of personal wellness, corporate fitness, and athletic conditioning programs. The academic concentration in the sciences will help student prepare for possible future graduate study in various fields related to allied health and medicine.

CAREERS AND PLACEMENT

Capital University graduates can find employment in corporate and clinical fitness settings, as well as private and professional settings. Their strong scientific and practical foundation in the fitness professional prepares them well for graduate study. These majors may choose to go on to graduate study in exercise physiology, exercise sciences, health promotion, community health and wellness, and exercise behavior. Additionally, with some prerequisite courses, these graduates may go on to physical therapy school or into other professional allied healthcare fields. Those selecting additional certifications will have built an impressive resume upon graduation.

CERTIFICATION PREPARATION

This program was officially recognized by the National Strength and Conditioning Association (NSCA) in 2004. Students completing this degree will be eligible to sit for several national certification exams, including the NSCA's Certified Strength and Conditioning Specialist Exam (ACSM) Certified Health Fitness Specialist. Students completing an additional 600 hours of clinical practical experience will also be eligible to sit for ACSM's Certified Exercise Specialist exam.

FACULTY

Faculty members from a variety of disciplines teach the major courses. Faculty members are NSCA-certified strength and conditioning specialists. The department recognizes the importance of these professionals teaching exercise physiology and exercise prescription. They teach the most current and commonly used techniques.

AS A GRADUATE, YOU WILL BE PREPARED TO:

- Critically assess evidenced-based clinical services across the continuum of care
- Critically analyze, evaluate, and develop logical solutions to practical problems
- Develop the ability to communicate verbally to diverse audiences
- Demonstrate performance within multiple settings
- Practice professional development and discover the importance of lifelong learning

WHAT ARE OUR GRADS DOING NOW?

- Wellness Coach
- Exercise Specialists
- Personal Trainers
- Fitness Directors
- Cardiac Rehab Specialist
- Strength and Conditioning Coach
- Personal Fitness Trainer
- Industrial Wellness Coach
- Sports Performance Specialist
- Pursuing a graduate degree

Capital
University

1 College and Main
Columbus, OH 43209-2394
www.capital.edu

614-236-6101
1-866-544-6175
admission@capital.edu

FACILITIES

The program is housed on the main campus in the Capital Center, a 126,000 square foot health, education, recreation, and athletic facility. The state-of-the-art complex houses a 2,200 seat performance arena, indoor track, multipurpose forum, tennis courts, a variety of athletic fields, a fitness center, and technology-equipped classrooms and labs for health and sport sciences students.

Four-Year Sample Schedule of a Exercise Science Major

First Year Fall

15 credit hours
Personal Health - 4
Chemistry - 4
Biology - 4
College Reading & Writing - 3

First Year Spring

17 credit hours
Oral Communication - 3
Sports Injury Care & Management - 4
Biology - 4
Chemistry - 4
Applied Human Anatomy - 2

Second Year Fall

15 credit hours
Motor Learning - 2
Anatomy & Physiology - 4
Intro to Psych - 4
Medical Terminology - 2
Global Awareness - 3

Second Year Spring

13 credit hours
Sports Nutrition - 3
Cultural Pluralism - 3
Anatomy & Physiology - 4
Fine Arts - 3

Third Year Fall

16 credit hours
Social Science Stats - 4
Religion - 3
Exercise Physiology - 4
Exercise Prescription - 2
Elective - 3

Third Year Spring

14 credit hours
Biomechanics - 4
Social Science Research Methods - 4
Junior Practicum - 2
Principles of Strength & Conditioning - 4

Fourth Year Fall

12-13 credit hours
Humanities - 3
Junior Practicum - 2
Elective - 3
Elective - 2-3

Fourth Year Spring

7 credit hours
Ethics - 3
Senior Practicum & Colloquium - 4

All courses subject to availability and advisor approval. All undergraduates must demonstrate that Signature Learning goals have been met.



Benjy Pester, MS, AT
Assistant Professor and
Department Chair, HSPTS
614-236-6525
bpester@capital.edu

