



BACHELOR OF SCIENCE IN EXERCISE SCIENCE WITH AN ALLIED HEALTH CONCENTRATION

What is Exercise Science with an allied health concentration?

Exercise Science is a field of study focusing on the acute and chronic anatomical and physiological responses and adaptations to movement. Exercise scientists seek to understand the relationships between exercise, physical activity, diet and hydration on physical fitness, health, disease risk factors and development as well as human and athletic performance.

Exercise Science includes many sub-disciplines such as exercise physiology, clinical exercise physiology, biomechanics, nutrition, psychology, motor development and sport medicine. Accordingly, students will take courses with instruction in human biology, chemistry, anatomy and physiology, sport nutrition, athletic training, human movement, fitness assessment and exercise prescription. The allied health concentration emphasizes exercise applications and courses needed for successful admission into athletic training, clinical exercise physiology, occupational and physical therapy and with the correct electives, physician assistant studies.

Students in the allied health concentration will gain competencies in corrective exercise, clinical exercise prescription, evidence-based practice, postural assessment, research, risk factor assessment and stress testing. Additionally, students in the allied health concentration will complete courses in needed for admission into professional health graduate programs such as athletic training, occupational and physical therapy and with the correct electives, physician assistant studies.

Why study Exercise Science with an allied health concentration?

The allied health concentration of exercise science is designed to place students on a pathway to either a career in clinical exercise or to graduate school to study athletic training, occupational or physical therapy or any movement/health science. To accommodate the goals of the exercise science program, Tiffin University offers a state of the art, 2,800 square feet, exercise science laboratory. Students will gain hands on experience in postural assessment, corrective exercise, muscular strength and endurance testing, body composition assessment utilizing air displacement plethysmography, cardiorespiratory fitness testing with open-circuit spirometry, pulmonary function testing, physical examination, ankle brachial index testing, neuromotor testing, electrocardiography, clinical exercise stress testing and the prescription of exercise for healthy populations and persons with stable chronic diseases. Moreover, national certification exams (certified personal trainer and exercise

physiologist) are built into the curriculum. Students will graduate with a leg up on the competition by being a certified professional. Lastly, the exercise science laboratory offers students the opportunity to complete research projects with faculty members and disseminate the results at regional and/or national conferences.

What can I do with an Exercise Science degree with an allied health concentration?

Students graduating with the allied health concentration in exercise science will be well prepared and positioned to pursue careers in hospital-based fitness facilities, cardiovascular/pulmonary rehabilitation and stress testing technicians. Students will also satisfy the requisite coursework for most graduate programs in athletic training, clinical exercise physiology, occupational or physical therapy and research-based exercise science programs.



How much will I earn with an Exercise Science Degree with an allied health concentration?

Salaries for graduating exercise science students vary greatly depending upon specific job titles and responsibilities, education level and certification/licensure. Below are careers and salaries associated with exercise science graduates. Please note all but the exercise physiologist requires an advanced degree and licensure. Graduates of the allied health concentration in exercise science are positioned to enter such graduate programs. All figures are estimates from the Bureau of Labor Statistics.

- Exercise Physiologist - \$47,940/year
- Physical Therapist - \$95,620/year
- Occupational Therapist - \$85,570/year
- Athletic Trainer - \$48,420/year
- Physician Assistant - \$121,530/year



What is your pathway to graduation?

| YEAR 1 | |
|--|--|
| FIRST YEAR FALL | FIRST YEAR SPRING |
| ENG141 Rhetoric and Intro Research Writing | ENG142 Rhetoric and Academic Writing |
| BIO120+L General Biology I and Lab | BIO121+L General Biology II and Lab |
| EXS146 Introduction to Exercise Science | EXS225 Motor Development |
| DEC100 Dragon Education: Engage | NAT124 Introduction to Athletic Training |
| MAT181 College Algebra | MAT273 Applied Statistics I |

| YEAR 2 | |
|---|---|
| SECOND YEAR FALL | SECOND YEAR SPRING |
| CHM131+L General Chemistry I and Lab | CHM132+L General Chemistry II and Lab |
| BIO220+L Anatomy & Physiology I and Lab | BIO221+L Anatomy & Physiology II and Lab |
| EXS322 Kinesiology | NAT261 Princip. of Health & Fit. Training |
| COM130 Intro to Speech Communication | NAT130 Foundations of Healthy Living |
| DLT101 Digital Literacy & Tech. Readiness | DEC200 Dragon Education: Explore |

| YEAR 3 | |
|------------------------------------|---|
| THIRD YEAR FALL | THIRD YEAR SPRING |
| EXS315+L Biomechanics and Lab | EXS316 Nutrition for Sport and Exercise |
| PHY211+L Physics I and Lab | PHY212+L Physics II and Lab |
| ART210/CUL212/ENG201/HIS201/PHI110 | DEC300 Dragon Education: Connect |
| PSY101 Introduction to Psychology | Open Elective |
| SOC101 Introduction to Sociology | |

| YEAR 4 | |
|---|--|
| FOURTH YEAR FALL | FOURTH YEAR SPRING |
| STH470 Internship | EXS442+L Exerc. Testing & Presc. & Lab |
| EXS422+L Exercise Physiology and Lab | NAT112 CPR |
| EXS475 Research Methods in Exercise Science | DEC400 Dragon Education: Impact |
| Open Elective | Open Elective |

What if I want to be an osteopathic physician or physician's assistant?

| YEAR 1 | |
|--|--|
| FIRST YEAR FALL | FIRST YEAR SPRING |
| ENG141 Rhetoric and Intro Research Writing | ENG142 Rhetoric and Academic Writing |
| BIO120+L General Biology I and Lab | BIO121+L General Biology II and Lab |
| CHM131+L General Chemistry I and Lab | CHM132+L General Chemistry II and Lab |
| DEC100 Dragon Education: Engage | NAT124 Introduction to Athletic Training |
| MAT181 College Algebra | MAT275 Pre-calculus |

| YEAR 2 | |
|---|--|
| SECOND YEAR FALL | SECOND YEAR SPRING |
| BIO220+L Anatomy & Physiology I and Lab | BIO221+L Anatomy & Physiology II and Lab |
| CHM231+L Organic Chemistry I and Lab | CHM232+L Organic Chemistry II and Lab |
| MAT281 Calculus I | MAT285 Calculus II |
| EXS146 Introduction to Exercise Science | DEC200 Dragon Education: Explore |

| YEAR 3 | |
|-----------------------------------|---|
| THIRD YEAR FALL | THIRD YEAR SPRING |
| EXS315+L Biomechanics and Lab | EXS316 Nutrition for Sport and Exercise |
| PHY211+L Physics I and Lab | PHY212+L Physics II and Lab |
| EXS322 Kinesiology | NAT261 Princip. of Health & Fit. Training |
| PSY101 Introduction to Psychology | NAT130 Foundations of Healthy Living |
| SOC101 Introduction to Sociology | MAT273 Applied Statistics I |

| YEAR 4 | |
|---|--|
| FOURTH YEAR FALL | FOURTH YEAR SPRING |
| STH470 Internship | EXS442+L Exerc. Testing & Presc. & Lab |
| EXS422+L Exercise Physiology and Lab | NAT112 CPR |
| EXS475 Research Methods in Exercise Sci. | DEC400 Dragon Education: Impact |
| ART210/CUL212/ENG201/HIS201/PHI110 | COM130 Intro to Speech Communication |
| DLT101 Digital Literacy & Tech. Readiness | Open Elective |

Can I choose a minor?

| MINOR OPTIONS | | | |
|-------------------------------------|---------|-----------------------------------|---------|
| CHEMISTRY | | PSYCHOLOGY | |
| COURSE NAME | CREDITS | COURSE NAME | CREDITS |
| CHM281 Analytical Chemistry and Lab | 4 | PSY201 Introduction to Psychology | 3 |
| CHM331 Organic Chemistry and Lab | 4 | Any 200-level PSY | 3 |
| CHM332 Organic Chemistry II and Lab | 4 | Any 300-level PSY | 3 |
| Any 400-level CHM and Lab | 4 | Any 400-level PSY | 3 |
| | | Any 200-level or Higher PSY | 3 |

Enhance your degree with a designation

| DESIGNATION OPTIONS | | | |
|------------------------------|---------|------------------------------------|---------|
| STATISTICAL ANALYSIS | | ENTREPRENEURSHIP | |
| COURSE NAME | CREDITS | COURSE NAME | CREDITS |
| MAT373 Applied Statistics II | 3 | MGT201 Management of Organizations | 3 |
| MAT396 Linear Algebra | 3 | MGT302 Innovative Entrepreneurship | 3 |
| MAT376 Statistics | 3 | ACC210 Financial Accounting | 3 |

How about a 4 + 1 option to earn a Master of Science in clinical exercise physiology?

Earn a 3.0 GPA and schedule year four as seen below:

| YEAR 4 | |
|---|--|
| FOURTH YEAR FALL | FOURTH YEAR SPRING |
| COURSE NAME | COURSE NAME |
| EXS422+L Exercise Physiology and Lab | EXS442+L Exerc. Testing & Presc. & Lab |
| EXS475 Research Methods in Exercise Science | NATI12 CPR |
| *CEP580 Behav. Change and Well. Coaching | DEC400 Dragon Education: Impact |
| *CEP605 Exercise Biochem. and Metabolism | *CEP535 Nutr. Concepts for Dis. Prev. Mgt. |
| STH470 Internship | |

*Signifies a graduate-level class.

Stay on track!

YEAR 1

- Meet with a professor of exercise science to make sure your plan meets your career goals
- Consider job shadowing
- Explore groups and resources on campus
- Make sure you complete DEC100

YEAR 2

- Meet with a professor of exercise science to make sure you are on pace
- Develop your resume
- Continue job shadowing to build a professional network
- Make sure you complete DEC200
- Begin exploring graduate schools and programs
- Ask a professor of exercise science about research and conferences

YEAR 3

- Meet with a professor of exercise science to make sure you are on pace
- Visit career services to plan for your internship
- Fine tune your resume and cover letter
- Make sure you complete DEC300
- Participate in a research project
- Plan a course of study to take the GRE
- Finalize graduate school applications
- Obtain a summer internship

YEAR 4

- Meet with a professor of exercise science to make sure you are on pace
- Complete graduate school applications by October 3
- Begin job search
- Attend a national or regional conference
- Make sure you complete DEC400
- Apply for graduation