TIFFIN UNIVERSITY

ACADEMIC PATHWAY

BACHELOR OF SCIENCE IN EXERCISE SCIENCE WITH HUMAN PERFORMANCE CONCENTRATION

What is Exercise Science with a human performance 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.

Students in the human performance concentration will gain competencies in behavior change, coaching, corrective/functional exercise, exercise prescription, evidence-based practice, nutrition and bioenergetics, research and strength and conditioning. Additionally, students in the human performance concentration will complete courses with emphasis on competencies for successful completion of the National Strength and Conditioning Association's Certified Strength and Conditioning Certification. Students will also be prepared to enter graduate studies in clinical exercise physiology and other movement sciences.

Why study Exercise Science with a human performance concentration?

The human performance concentration of exercise science is designed to place students on a pathway to train athletes from youth to professional levels, serve in executive/corporate health roles or graduate studies in the movement sciences. 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. Therefore, 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 a human performance concentration?

Students graduating with the human performance concentration in exercise science will be well prepared and positioned to pursue careers in strength and conditioning, corporate health, commercial and community-based fitness facilities, cardiovascular/pulmonary rehabilitation and stress testing technicians. Students will also be prepared to enter graduate studies in the movement sciences.

SCHOOL OF SCIENCE TECHNOLOGY AND HEALTH

How much will I earn with an Exercise Science degree with a human performance concentration?

Salaries for graduating exercise science students vary depending upon specific job titles and responsibilities, education level and certification/licensure. Below are careers and salaries associated with exercise science graduates. All figures are estimates from the Bureau of Labor Statistics.

- Exercise Physiologist - $47,940/year
- Personal Trainer - $45,870/year
- Coaching - $38,970/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	EXS210 Bioenergetics
BIO220+L Anatomy & Physiology I and Lab	DEC200 Dragon Education: Explore
EXS322 Kinesiology	NAT261 Princip. of Health & Fit. Training
COM130 Intro to Speech Communication	NAT130 Foundations of Healthy Living
DLT101 Digital Literacy & Tech. Readiness	

YEAR 3	
THIRD YEAR FALL	**THIRD YEAR SPRING**
EXS315+L Biomechanics and Lab	EXS316 Nutrition for Sport and Exercise
Open Elective	EXS310 Cardiorespiratory Fitness Training
ART210/CUL212/ENG201/HIS201/PHI110	DEC300 Dragon Education: Connect
PSY101 Introduction to Psychology	Open Elective
SOC101 Introduction to Sociology	Open Elective

YEAR 4	
FOURTH YEAR FALL	**FOURTH YEAR SPRING**
STH470 Internship	EXS442+L Exerc. Testing & Presc. & Lab
EXS422+L Exercise Physiology and Lab	EXS415+L Adv. Strength and Condo and Lab
EXS475 Research Methods in Exercise Science	EXS410 Health Coaching
DEC400 Dragon Education: Impact	NAT112 CPR
	Open Elective

Can I choose a minor?

MINOR OPTIONS			
MANAGEMENT		SPORT MANAGEMENT	
COURSE NAME	CREDITS	COURSE NAME	CREDITS
MGT201 Management of Organizations	3	LAW260 Legal Issues in Sport	3
MGT301 Organizational Behavior	3	SMG160 Introduction to Sport Mgt.	3
MGT317 Human Res. Management	3	SMG360 Business of Sport	3
MGT351 Managing Diversity in Workplace	3	Any 400-level MGT	3
MGT404 Organizational Theory	3	Any 200-level or Higher MGT	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	NAT112 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

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