



HEALTH & EXERCISE SCIENCE

Health and Exercise Science students advocate for physical activity as a vital component to health and well-being. Students examine the foundations of human physiology, functional movement science, mental health, exercise prescription, and injury and disease prevention.

Within a biopsychosocial model of health, students experience real-time research and conduct field assessment opportunities associated with the clinical practices of athletic training, fitness instruction, strength and conditioning, and rehabilitation. Students graduate with a professional portfolio of skills and abilities for admission to graduate school or employment in health, fitness, wellness, and sports industries.



SCAN TO FIND:

- Featured courses.
- Program requirements and more!

PROGRAM CONCENTRATIONS

3+2 MASTER OF ATHLETIC TRAINING: This program prepares students to earn an undergraduate degree that combines sports, medicine, health, disease and injury prevention, health behavior change, and exercise prescription and complete a graduate degree in athletic training in five years. Students complete the first three years of the curriculum at the Mount, then apply to a CAATE accredited graduate degree program in athletic training.

CLINICAL EXERCISE SCIENCE: This program prepares students to assess individuals' health risks, implement personalized fitness programs, and for graduate programs in health-related fields.

SPORTS PERFORMANCE AND ACTIVE AGING: This program prepares students to design and implement exercise programs to meet individual and group fitness and athletic performance goals from childhood into retirement.

HANDS-ON EXPERIENCE

Students gain experiences on and off campus in a variety of professional settings.



On-campus students have the opportunity to conduct health and fitness assessments in lab and partner with on campus clients for motivational interviewing, exercise prescription and nutrition consultation.

Off-campus students are eligible to complete service learning experiences and co-op placements with sports performance centers, fitness centers, food pantries, and clinical settings in athletic training and physical therapy.

CAREERS IN HEALTH & EXERCISE SCIENCE

FITNESS CENTER EXERCISE SPECIALIST

STRENGTH AND CONDITIONING COACH

HOSPITAL AND WORKPLACE WELLNESS COACH

CLINICAL RESEARCH

ATHLETIC TRAINING*

PHYSICAL & OCCUPATIONAL THERAPY*

* denotes required admission to graduate program.

ALUMNI SUCCESS

94.9%

CAREER OUTCOMES RATE

94.9% of 2023 School of Health Sciences graduates were successfully employed, enrolled in graduate studies, or volunteering within six months of graduation. The knowledge rate for this survey was 80.7%.



MOUNT ST. JOSEPH UNIVERSITY®

SCHOOL OF HEALTH SCIENCES

Office of Admission
513-244-4531 | 800-654-9314
msj.edu | admission@msj.edu

BC Charles-Liscombe, Ed.D., ATC
Associate Professor and Chair
Department of Exercise Science and Integrative Health
exercise.integrativehealth@msj.edu