

# EXERCISE SCIENCE

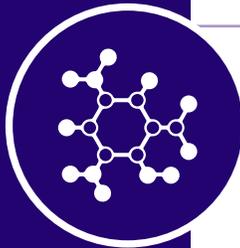


## What is Exercise Science?

Exercise Science is a discipline organized around human movement, physical activity, athletic performance and wellness. The major is designed to maximize student's flexibility in choosing elective courses that match their graduate or career goals. The academic focus of the program is interdisciplinary in nature containing unique courses in biomechanics, exercise physiology, health and wellness, human anatomy, human physiology, sport performance, nutrition and the sociocultural aspects of fitness. The major offers students individualized options for pre-professional preparation in pre-physical therapy, pre-occupational therapy, pre-athletic training, pre-physician assistant studies as well as traditional graduate school programs in exercise science. In addition, students are prepared for a number of certification exams and careers paths in the field.

## Top pre-professional tracks

- Athletic Training
- Occupational Therapy
- Physical Therapy
- Physician Assistant Studies



## Human Biomechanics & Physiology Laboratory

The Human Biomechanics & Physiology Laboratory is housed in a 220,000-square-foot complex that includes advanced biomedical research facilities, an environmental chamber, a cadaver lab, standardized client spaces that will record students' interactions with patients to allow for critiquing, a medical simulation lab and much more.



## Undergraduate research

Exercise science majors have unique learning experiences in undergraduate research while receiving direct mentorship from faculty in exercise science and physical therapy. Students and faculty have presented peer-reviewed research at the American College of Sports Medicine and the American Heart Association annual conferences. A number of research projects have been published in the *Journal of Applied Physiology*, the *Journal of Physiology and Biochemistry*, and the *British Journal of Sports Medicine*.

In addition, the Congdon School of Health Sciences Summer Undergraduate Research Fellowship (CSHS-SuRF) program provides students the opportunity to work with a faculty mentor while conducting research in the Human Biomechanics and Physiology Laboratory.

## Student clubs

- Exercise Science Club
- Physical Therapy Club
- Physician Assistant Club

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## Where are our alumni?

Recent graduates of the program have gone on to further higher education in medicine, physical/occupational therapy, chiropractic and traditional graduate programs in exercise science. Our students have been accepted into many highly respected graduate programs, such as:

- Auburn University
- Duke University
- East Carolina University
- George Mason University
- George Washington University
- James Madison University
- Seton Hall University
- Syracuse University
- Texas A&M University
- The Ohio State University
- University of Delaware
- University of Miami
- University of North Carolina – Chapel Hill
- University of Pittsburgh
- University of South Carolina – Medical College
- Wake Forest University



## Meet Paige

**Hometown:** Cleveland, Ohio

**Major:** Exercise Science

**Campus Involvement:** Presidential Scholar, University Admissions Ambassador, Student-Athlete Advisory Committee, Undergraduate researcher and writer, Athlete Connect Coordinator, Catholic Campus Ministry member, Sigma Alpha Pi National Society for Leadership and Success, Alpha Lambda Delta Honors Fraternity

**Community Involvement:** In-home student Physical Therapist aid, ThanksGIVING food drive founder, Parkview Elementary tutor, PTFC and Kickin' for Kids soccer coach

**Athletics Involvement:** Division 1 Women's Soccer Team

**Leadership Positions:** Captain of the Division 1 Women's Soccer Team, Captain of University Admissions Ambassadors Program

**Future Plans:** Earn a Doctorate in Physical Therapy at The Ohio State University

**Why I Chose HPU:** "I chose HPU because of the beautiful campus, uplifting and inspiring atmosphere, accessible connections with faculty and staff and the resources and technology available to all students. High Point University was the 21st college that I visited and I knew immediately after my visit that this is where I wanted to learn and grow as a person and professional. After visiting the state of the art biomechanics lab, and learning of the small, interpersonal class sizes, it was evident that High Point University would offer me an extraordinary educational experience that would challenge me and prepare me to succeed in any facet of my life."



## Internships

Students have completed internships within all aspects of exercise science, such as cardiac rehabilitation, sport performance, and strength and conditioning. Students have gained real-world experience with internships at organizations, such as:

- Action Health – (Employee Wellness)
- Adidas
- Corporate Fitness Works
- East Coast Strength and Power
- Soar Fitness Systems
- World Relief (Public Health Intern)
- Yale University Athletics

For more information about HPU's Exercise Science Program, contact: