

**COLLEGE OF HEALTH AND NURSING SCIENCES  
DEPARTMENT OF HEALTH, NUTRITION AND EXERCISE SCIENCES**

**FACT SHEET**

This Fact Sheet gives you some guidelines when applying to the programs in the Department of Health, Nutrition and Exercise Sciences, as well as to provide brief information about each degree program.

***Degrees and Programs***

Bachelor of Science

+ Major in Health Education and Physical Education (**HPEI**)

Bachelor of Science

+ Major in Athletic Training (**ATI**)

Bachelor of Science

+ Major in Exercise Science (**EXSI**)

- Concentration in Biomechanics (**BIOM**)

- Concentration in Exercise Physiology (**EXPS**)

Bachelor of Science

+ Major in Health Behavior Science (**HBSI**)

- Concentration in Fitness Management (**PEF**)

- Concentration in Leisure Service Management (**LSM**)

Bachelor of Science

+ Major of Sport Management (**SMI**)

Bachelor of Science

+ Major in Applied Nutrition (**APN**)

Bachelor of Science

+ Major in Dietetics (**DIET**)

Bachelor of Science

+ Major in Nutritional Sciences (**NS**)

***Description of Programs***

**Bachelor of Science - Major -Health Education and Physical Education**

This degree program is primarily designed to prepare students for a career in teaching physical education and health education. The program provides the opportunity for students to pursue the various certifications from kindergarten through high school available in health education and physical education. Freshmen are admitted to Health and Physical Education Interest (HPEI) and may apply for the major after their freshman year.

**Bachelor of Science - Major: Athletic Training**

Students in the Athletic Training degree program learn injury prevention techniques and the rehabilitation of athletes, and work closely with the various intercollegiate sports teams here at the University. A degree in this area would provide career opportunities in a variety of sports medicine clinics: high schools, colleges/universities, professional sports, physical therapy clinics, hospitals, etc. With additional course work, this degree also allows students to pursue advanced degrees in exercise physiology, biomechanics, physical therapy, occupational therapy, medicine, etc. Freshmen are admitted to Athletic Training Interest (ATI) and may apply for the major after their freshman year.

### **Bachelor of Science - Major: Exercise Science**

This degree program- with the major of Exercise Science - meets the needs of students who are interested in the exercise and sports sciences. The two concentration areas are Biomechanics and Exercise Physiology. Students planning professional careers in these areas or in graduate study will select one of the options in this area. Freshmen are admitted to Exercise Science Interest (EXSI) and may apply to the major and concentration of their choice at the end of their freshmen year. The programs/concentrations are:

***Biomechanics.*** This program will allow students to pursue graduate opportunities in the Sports Sciences, as well as other Allied Sciences. A strong interest/knowledge of math is highly recommended.

***Exercise Physiology.*** This program will allow students to pursue graduate opportunities in the Sports Sciences (Exercise Physiology, Biomechanics, Sports Medicine, etc.), advanced degrees in the Allied Sciences (Physical Therapy, Occupational Therapy, Physician Assistant, etc.), or professional opportunities in the Sports Medicine/Sport Science field.

### **Bachelor of Science - Major: Health Behavior Science**

The Health Behavior Science major is designed to provide a coordinated approach to managing and changing an individual's behavior via interventions mediated through the health and leisure service industry. Students pursuing this major will move towards careers within the health promotion and leisure service industries - industries that are focusing on community based interventions to promote healthy lifestyles. **All concentrations within Health Behavior Science require a nine-credit internship experience.** Freshmen are admitted to Health Behavior Science Interest (HBSI) and may apply to the major and concentration of their choice at the end of their freshmen year. The two concentrations within HBS are:

***Fitness Management.*** Those students choosing the Fitness Management Program develop a background in the exercise sciences, fitness programming and leadership, and fitness and health principles. This program, which requires a nine-credit internship, leads to opportunities in private or corporate fitness, health promotion, and cardiac rehabilitation, as well as further educational opportunities in graduate school in exercise physiology, cardiac rehabilitation, health promotion, etc.

***Leisure Service Management.*** This program prepares students for careers in the recreation and leisure service industry, as well as in park management and administration. Students completing this degree program will be exposed to courses in developing program and leadership abilities, as well as the organization and administration of recreation and leisure services.

### **Bachelor of Science – Major: Sport Management**

***Sport Management.*** This program prepares students for jobs within the sports industry, including sport marketing and facility management. Students can work towards careers at any level of sport administration, i.e. college, state or national athletic organizations. This major requires the completion of a full University minor as well as a 9-credit internship.

### **Bachelor of Science – Major: Applied Nutrition**

***Applied Nutrition.*** This program is designed for the person who wants to combine a study of nutrition with another focus of study. Focus areas include Health & Exercise Sciences, Gerontology, Pediatrics, Weight Management, and Food Service Management.

**Bachelor of Science – Major: Dietetics**

*Dietetics.* This major is for students wanting a health profession and the Registered Dietitian credential. Dietitians are translators of food nutrition information for individuals and groups who seek to remain well or who need nutritional advice as an adjunct to the treatment of disease. Dietitians also impact on nutritional well being when they manage foodservice operations. Focus areas of study are also available with this major (except Food Service Management).

**Bachelor of Science – Major: Nutritional Sciences**

*Nutritional Sciences.* This major has a very strong science component in the curriculum and is particularly designed for those expecting to pursue an advanced degree in areas such as nutritional science, medicine, dentistry, or physical therapy. Focus areas of study are also available with this major.

**Minor in Nutritional Sciences.** This minor is for students interested in the area of nutrition and believes that good nutrition and personal lifestyles are important for the well being of individuals.

**Minor in Figure Skating Science.** This program is targeted for students who have achieved a high level of proficiency in their own personal skating program and have plans to pursue a career as a figure skating teaching/coaching professional.

**Minor in Coaching Science**

The minor helps students develop a personal coaching philosophy, an understanding of the body, how the body performs, injury prevention, the teaching of skills and progressions, sport psychology, and a variety of team responsibilities. A practicum/field experience is also required in the student's choice in order to further enhance the development of coaching skills and philosophy

**Minor in Strength and Conditioning**

The minor is designed to provide students with in depth understanding of the theory and practical considerations associated with physical training to enhance strength and conditioning. Students successfully completing the minor will be prepared to take the Strength and Conditioning Specialist Certification examination offered by the National Strength and Conditioning Association.

For additional information about specific programs/concentrations, contact:

|  |                                  |
|--|----------------------------------|
| Athletic Training                        | Dr. Thomas Kaminski, 831-6402    |
| Exercise Science                         |                                  |
| Biomechanics                             | Dr. James Richards - 831-6796    |
| Exercise Physiology                      | Dr. Nancy Getchell – 831-6682    |
| Health Behavior Science                  |                                  |
| Fitness Management                       | Dr. Beth Orsega-Smith – 831-6681 |
| Leisure Service Management               | Dr. Roger Spacht - 831-861 1     |
| Health and Physical Education (Teaching) | Dr. Janet Smith - 831-3538       |
| Sport Management                         | Dr. Matt Robinson - 831-6680     |
| Nutrition Majors and Minors              | Dr. Betsy Lieux – 831-2732       |
| Figure Skating Minor                     | Mr. John J. O’Neill – 831-1014   |
| Coaching Science Minor                   | Mr. John Schuster – 831-3208     |
| Strength & Conditioning Minor            | Mr. Jeffrey Schneider – 831-4107 |

