



# 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.

**HEALTH PROMOTION:** This program prepares students to promote protective health behaviors, minimize negative risk factors, and design interventions to promote well-being in communities, schools, and workplaces.

**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

NON-PROFIT SOCIAL SERVICES

ATHLETIC TRAINING\*

PHYSICAL & OCCUPATIONAL THERAPY\*

*\* denotes required admission to graduate program.*

### ALUMNI SUCCESS

# 97%

### CAREER OUTCOMES RATE

97% of 2022 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 86%.



## MOUNT ST. JOSEPH UNIVERSITY®

### SCHOOL OF HEALTH SCIENCES

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## Health & Exercise Science Major - Bachelor of Science

	Clinical Exercise Science	Sport Performance and Active Aging	Master of Athletic Training 3+2	Health Promotion
<b>Year 1</b>	HES 150: Foundations of Health and Exercise Science HES 121: First Aid and Emergency Care ACT 160: Fundamentals of Personal Fitness Core 115: Common Ground		ENG 100: Written Word SOC 103: Our Social World PSY 101: General Psychology Com 100: Spoken Word	
<b>Year 1 Electives</b>	CHE 111/112: General Chemistry I & II BIO 111/112 Principles of Biology I & II BIO 130: Medical Terminology HLT 100: Pathways to the Health Professions		Sociology Elective Communication,	
<b>Year 2</b>	HES 224: Principles of Human Performance or PSY 220: Health Psychology HES 226: Human Nutrition			
<b>Year 2 Electives</b>	ACT 260: Group Exercise Instruction HLT 230: Health Promotion and Health Theories			
	BIO 197/198: Human Anatomy and Physiology I & II ESC 202: Lifespan Motor Development and Control PHY 201/202: General Physics I & II		Basic Human A&P Psychology, Administration	
<b>Year 3</b>	HES 332: Epidemiology of Physical Activity and Health HES 327: Physiological Adaptations and Management of Stress			
<b>Year 3 Electives</b>	ESC 303: Exercise Physiology & Lab ESC 311: Biomechanical Analysis of Human Movement ESC 336: Sports Nutrition ESC 323: Health Assessment/Exercise Prescription & Lab		Sociology, Psychology, Communication, Administration	
<b>Year 4</b>	HES 394: Co-op, HES 430: Research Design HES 452: Senior Seminar		Year 1 of Masters Degree program	HES 394: Co-op, HES 430: Research Design HES 452: Senior Seminar
<b>Year 4 Electives</b>	BIO 301: Pathophysiology; ESC 475: Exercise Programming for Special Populations	ESC 422: Athletic Conditioning and Performance & : Lab; HES 404: Health, Physical Activity, and Aging		HES 404: Health, Physical Activity, and Aging HLT 440: Health and Wellness Assessment and Programming



**MOUNT ST. JOSEPH UNIVERSITY**®

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The University has designated the Vice President of Compliance Risk and Legal Affairs/General Counsel/Title IX Coordinator, (513) 244-4393, as the individual responsible for responding to inquiries, addressing complaints, and coordinating compliance with its responsibilities under Title IX of the Education Amendments of 1972 and other related federal and state civil rights laws. The University has designated the Chief Human Resources Officer, (513) 244-4979, as the individual responsible for responding to inquiries, issues, or complaints relating to discriminatory, harassing, or retaliatory conduct related to race, color, national origin, religion, age, disability, veteran status or any other legally protected status. The University has designated the Associate Provost for Academic Affairs, (513) 244-4614, as the individual responsible for responding for addressing formal complaints regarding compliance with its responsibilities under Section 504 of the Rehabilitation Act of 1973. 09-WO-002425/23/700