



University of New Haven

BACHELOR OF SCIENCE

EXERCISE SCIENCE



Did you know?

EMPLOYMENT DEMAND:

Expected to grow by more than **13%** by 2026

EMPLOYMENT SETTINGS:

Recreation centers, gyms, schools, corporate wellness programs, cardiac rehabilitation, research, academia, and human performance labs

AVERAGE SALARY:

\$49,000 per year

**According to the Bureau of Labor Statistics*

Program Description

The University of New Haven's B.S. in Exercise Science provides students with hands-on learning experiences that prepare them to become industry leaders in fitness and athletics. Students develop expertise in the exercise science field's most advanced technology through practical experiences in our state-of-the-art recreational, athletics, and classroom facilities. Our curriculum prepares students for national certifications and enables them to gain experience during their time as undergraduates, giving them an edge when they enter the job market.

Why Exercise Science?

If you enjoy studying the effects of exercise on the human body and using your knowledge to promote health and wellness, this major may be ideal for you. This program will prepare you for careers in the medical and health science fields and in corporate wellness/health coaching.

Many students also continue on to graduate school in various healthcare-related fields such as:

- Allopathic or osteopathic medicine
- Athletic training
- Chiropractic medicine
- Exercise physiology
- Occupational therapy
- Physician assistant



The University of New Haven has been recognized as one of **The 386 Best Colleges** in the country by *The Princeton Review*.

Exercise Science at the University of New Haven

The Bachelor of Science in Exercise Science program provides a strong science background that includes coursework in anatomy, exercise physiology, and biomechanics. In addition, students will gain broad interdisciplinary understanding of our healthcare system through the School of Health Sciences core. Other major requirements offer insights into nutrition, business, and other facets of exercise science while allowing you to apply that knowledge in practical experiences working with clients, students, and others.

Our Exercise Science major will provide you with the knowledge and skills necessary to work as a health and fitness professional. You will learn how to:

- Evaluate health behaviors and risk factors
- Conduct fitness assessments
- Develop and implement safe and effective exercise prescriptions
- Learn and use motivational strategies to guide people in behavioral change
- Acquire valuable marketing and communication skills specific to health and wellness



Curriculum

Students will take a wide range of courses to prepare them to work in the healthcare, fitness, and wellness industries. The School of Health Sciences core curriculum provides students with a broad, interdisciplinary understanding of how optimizing health, prescriptive exercise, healthcare policy and management, and person-centered care impact the wellness and healthcare profession.

In their sophomore year, students begin taking courses to prepare for national certifications in individualized and group fitness instruction as well as courses in exercise physiology.

In their junior year, students complete two 150-hour practicums of hands-on training in on- and off-campus settings.

In their senior year, students complete a capstone project in the exercise science field.

TRACKS

Students may select a more specialized track for their course of study, such as clinical (applied or research), athletic, sport, recreational, corporate, or managerial/policy, or they may pursue advanced degrees in athletic training (AT) or occupational therapy (OT). Pre-AT and pre-OT tracks may be declared after the first year and are available only to students who maintain a GPA of 3.0 or higher in the program.

FEATURED COURSES

- Introduction to Exercise Science
- Human Anatomy
- Human Physiology
- Emergency Care of Athletic Injuries and Illnesses
- Exercise Science Practicum I
- Physiological Bases of Physical Activity
- Biomechanics of Physical Activity
- Exercise Science Practicum II
- Sport and Physical Activity in Society
- Exercise Science Capstone

Internships and Careers

Students can obtain a wealth of knowledge from books, lectures, and guest speakers, but a more complete knowledge can be acquired by having students enter the workforce and assume responsibilities.

Our Exercise Science program takes advantage of our world-class David A. Beckerman Recreation Center to offer on-campus internships and practicums for students in this program. Students will have opportunities to teach group exercise and individualized instruction in our Recreation Center after earning their certification in their sophomore year. Students will also be able to get practical experience from local area gyms and fitness centers, local high schools, and other fitness and wellness companies.

Exercise science will enable you to work in a variety of health and fitness roles and organizations that include the following:

- Insurance company wellness coach
- Corporate wellness
- Hospital cardiac rehabilitation
- Rehabilitation
- Sports performance
- University recreation facilities
- Fitness centers
- Personal trainer and other entrepreneurial opportunities



Did You Know?

Exercise Science is one of the **fastest growing majors** in the United States.



About Us

The University of New Haven, founded on the Yale campus in 1920, is a private, coeducational university situated on the coast of southern New England. It's a diverse and vibrant community of more than 7,000 students with campuses across the country and around the world.

Within our colleges and schools, students immerse themselves in a transformative, career-focused education across the liberal arts and sciences, fine arts, business, healthcare and health sciences, engineering, public safety, and public service. More than 100 academic programs are offered, all grounded in a long-standing commitment to collaborative, interdisciplinary, project-based learning.

Degree Options and Dual Degree Programs

B.S. in Exercise Science/Master of Athletic Training (3+2)

(In development)

Combining the Exercise Science degree with the Master of Athletic training program will offer students the opportunity to complete both degrees in five years instead of six years. Students with strong academic records may be directly admitted into this selective program in their first year and must maintain high academic standards to complete the program.

B.S. in Exercise Science/M.S. in Nutrition Sciences (3+2)

(In development)

Students interested in fitness, wellness, and nutrition may wish to combine their Exercise Science degree with a Master of Science in Nutrition Sciences. Some students may also elect to complete the Dietetic Internship to become a registered dietitian as well. Students with strong academic records may be directly admitted into this selective program in their first year and must maintain high academic standards to complete the program.

B.S. in Exercise Science/Occupational Therapy Doctorate (3+3)

(Coming Soon)

Our Exercise Science degree is a great preparation for our Occupational Therapy program. This combined program will offer students the opportunity to complete both degrees in six years. Students with strong academic records may be directly admitted into this selective program in their first year and must maintain high academic standards to complete the program.



To learn more, scan the QR Code or visit:
newhaven.edu/exercisescience



Your Success Starts Here

For more information or to arrange a visit, contact

Office of Undergraduate Admissions

☎ 203.932.7319

✉ admissions@newhaven.edu

📍 newhaven.edu

Academic Contact Information

Michele Smallidge, Ed.D., RD

Program Director/Lecturer

✉ smallidge@newhaven.edu