

**PROGRAM AVAILABLE:** Bachelor of Science

## Discover the intricacies of the human body and the effects of exercise.

Few academic programs offer such diverse opportunities for acceptance into graduate and professional schools, and employment upon graduation as does exercise science and pre-health professions. The major provides a strong background for those interested in pursuing a graduate degree in exercise physiology or biomechanics. Students interested in applying for admission to a professional school in medicine or one of the allied health professions will find the science-based courses in the major (e.g., Human Anatomy, Exercise Physiology, Biomechanics, Nutrition, etc.) of special interest because of their emphasis on the human body. Approximately 90% of Creighton's exercise science and pre-health professions majors apply for acceptance into graduate or professional schools.

The curriculum also prepares graduates with the knowledge necessary for employment as strength and conditioning specialists; personal trainers, corporate, community and commercial fitness leaders. The curriculum culminates with applied courses such as Laboratory Methods, providing students with "hands on" practical experiences and 200-300 hour internships.

### WHAT YOU'LL LEARN

- Understand various systems of the body, their purpose and how they function
- How the body reacts acutely and chronically to exercise
- How to prescribe safe and effective exercise
- How to conduct and understand research

### EXPERIENTIAL LEARNING OPPORTUNITIES

Internship opportunities include but are not limited to, spending 200 or more hours with mentors in physical therapy, occupational therapy, pharmacy, dentistry, medicine, physician assistant, nursing, chiropractic, athletic training, commercial fitness, corporate fitness, community fitness, personal training and strength and conditioning.

Recent Creighton students' internships include:

- Nebraska Methodist Hospital
- Athletic Training Department Creighton University
- Cerebral Palsy, Inc.
- Utah Diabetes and Endocrinology Center
- Physical Therapy Department Creighton University Med Center
- Makovicka Physical Therapy
- OrthoSport Therapy & Rehab

Research involvement is an important part of undergraduate education at Creighton University. Students within the Department of Exercise Science and Pre-Health Professions have the opportunity to work closely with faculty to design, conduct, analyze, and report research results. Current areas of research include nutrition, body composition, gastrointestinal function, motion capture analysis and a low cost mechanical hand for children with amniotic band syndrome and other hand differences.

### CAREER OUTLOOK

Depending on their area of interest, graduates may lead fitness programs at sports or wellness facilities, continue on to a master's degree program, or enter a health care-related professional school.

### CAREER OUTCOMES

#### Employment Opportunities

In the past five years, graduates have gone on to:

- Prairie Life Fitness
- YMCA
- Healthbreak
- ConAgra Foods
- Live Well Omaha
- Jesuit Volunteer Corps

#### Graduate Studies

In the past five years, graduates have pursued additional study in:

- Medicine
- Physical Therapy
- Occupational Therapy
- Dentistry
- Chiropractic
- Osteopathic Medicine
- Physician Assistant
- Accelerated Nursing

Graduates have pursued additional study at:

- University of Nebraska Medical Center
- Washington University
- University of Iowa
- University of New England
- Duke University
- University of Kansas
- Stritch School of Medicine Loyola Chicago

# Exercise Science and Pre-Health Professions

College of Arts and Sciences

## EXERCISE SCIENCE AND PRE-HEALTH PROFESSIONS TRACK

Specialized tracks are available through consultation with the department chair.

### Bachelor of Science (B.S.) in Exercise Science and Pre-Health Professions

For more details on the full curriculum, visit:

<http://catalog.creighton.edu/undergraduate/arts-sciences/exercise-science/exercise-science-bs/>

## CLASSES FOR THE GENERAL TRACK

EXS 125	First Aid	2
EXS 142	Personal Weight Training	1
EXS 144	Aerobics	2
EXS 240	Designing a Personalized Fitness Program	3
EXS 320	Human Physiology	4
EXS 331	Human Anatomy	4
EXS 334	Biomechanics	4
EXS 335	Exercise Physiology	4
EXS 350	Nutrition for Health and Sports Performance	3
EXS 401	Exercise Prescription	3
EXS 407	Basic Statistics and Research Design	3
EXS 489	Laboratory Methods and Procedures	4
EXS 491	Exercise Leadership and Program Administration	3
EXS 492	Exercise Science Internship	3-5

**Total Credits** **43-45**

## STUDENT ORGANIZATIONS AND ACTIVITIES

### Exercise Science - Excellence in Leadership

The mission of EXSEL is to cultivate strong leaders for tomorrow by involving them today with the intent to:

- Establish a network among students, faculty and professionals in the field of exercise science
- Promote involvement in health-related activities on campus and in the community
- Expose exercise science and pre-health profession majors to career options and professional opportunities
- Encourage the development of leadership skills through various classroom and off-campus professional activities

Exercise science students are encouraged to join EXSEL, which sponsors an annual Welcome BBQ for students and faculty, hosts educational speakers and is active in many philanthropic events such as the American Heart Walk, Family to Family (Christmas) Project, and various fundraisers for the Siena/ Francis House.