Exercise Science

What Is Exercise Science

Few academic programs offer such diverse opportunities for employment and professional development upon graduation as Exercise Science. The Exercise Science curriculum prepares graduates with the knowledge and practical experience necessary for employment as strength and conditioning specialists, personal trainers, corporate, community, and commercial fitness leaders. This major provides a strong background for those interested in pursuing a masters or doctoral degree in exercise physiology. The Exercise Science major is also an attractive curricular option for those intending to apply to professional programs in medicine and other allied health programs such as physical therapy, occupational therapy, physicians assistant, chiropractic, cardiac rehabilitation, dentistry, pharmacy and accelerated nursing.

You might enjoy Exercise Science if you...

- Are interested in working in a clinical setting such as medicine, physical therapy, occupational therapy
- Are interested in working in a health or fitness setting such as corporate fitness, personal training, or health and wellness promotion.
- Are interested in working in a sports training or performance setting such as strength and conditioning
- Like working "hands on" with people

Career Outlook

Students interested in applying for admission to a professional school in one of the allied health professions will find the science-based courses (e.g., Human Anatomy, Exercise Physiology, Human Physiology, Biomechanics, Nutrition, etc.) in the Exercise Science major to be of special interest because of their emphasis on the human body. The curriculum culminates with applied courses such as Laboratory Methods that provides students with “hands on” practical experiences. Approximately 80% of Creighton’s Exercise Science majors apply for acceptance into professional schools.

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

Employment:

- Alegent Health Lakeside Wellness Center
- Procare 3 (physical therapy)
- YMCA
- University of Nebraska Medical Center
- Prairie Life Fitness
- Well Bound Fitness
- ConAgra Foods
- Creighton University Medical Center
- Boys Town

Graduate Studies:

- Creighton University, School of Pharmacy and Health Professions
- University of Nebraska, Lincoln
- Creighton University, Graduate School
- Fort Sam Houston Medical School
- University of Nebraska Medical Center, College of Medicine
- Creighton University, School of Dentistry
- University of Memphis
- Palmer College of Chiropractic

Student Organizations and Activities

Exercise Science - Excellence in Leadership (EXSEL)

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 including the American Heart Walk, Family to Family (Christmas) Project, and a field day at Creighton for Liberty Elementary School students with the faculty of the department.

Student Internship Opportunities

Internship opportunities include, but are not limited to, spending 200 or more hours with mentors in physical therapy, occupational therapy, pharmacy, dental, physician, physician assistant, chiropractic, dietetic, commercial/corporate/ community fitness, athletic training, personal training, and strength and conditioning clinics, and similar settings.
Student Research Opportunities

Research involvement is an important part of undergraduate education at Creighton University. Therefore, students within the Department of Exercise Science have the opportunity to work closely with a faculty member as part of an on-going research project and may design, conduct, analyze and report on a research project of their own, depending upon their career objectives. Current areas of research include nutrition, body composition, gastrointestinal function and hydration.

Typical Program of Study

Freshman

Fall Semester
• CHM 203/4 General Chemistry (4)
• EXS 142 Personalized Weight Training (1)
• Ratio Studiorum Program (1)
• Three Core Classes (9)

Spring Semester
• BIO 201/05 General Biology (4)
• CHM 205/6 General Chemistry (4) Pre-PT
• EXS 144 Aerobics (2)
• EXS 195 Introduction to Athletic Training (3)
• One Core Class (3)

Sophomore

Fall Semester
• BIO 202/06 General Biology (4) Pre-PT
• EXS 240 Designing a Personalized Fitness Program (3)
• EXS 320 Human Physiology (4)
• Two Core Classes (6)

Spring Semester
• EXS 125 First Aid (2)
• EXS 331 Human Anatomy (4)
• EXS 491 Exercise Leadership and Program Administration (3)
• Three Core Classes (9)

Junior

Fall Semester
• PHY 211 Physics I (4) Pre-PT
• EXS 334 Biomechanics (3)
• EXS 335 Exercise Physiology (4)
• Two Core Classes (6)

Spring Semester
• PHY 212 Physics II (4) Pre-PT
• EXS 350 Nutrition for Health and Sports Performance (3)
• EXS 401 Exercise Prescription (3)
• Two Core Classes (6)

Senior

Fall Semester
• EXS 489 Laboratory Methods and Procedures (4)
• EXS 407 Basic Statistics and Research Design (3)
• Three Core/Elective Classes (9)

Spring Semester
• Senior Perspective (3)
• EXS 492 Exercise Science Internship (3)
• Three Core/Elective Classes (9)

Pre-Medicine/Dental Students also need:
• CHM 321/22 Organic Chemistry I
• CHM 323/24 Organic Chemistry II