

# Exercise Science and Pre-Health Professions

Creighton University—Omaha, Nebraska

## Exercise Science and Pre-Health Professions Major

Few academic programs offer such diverse opportunities for employment and acceptance into graduate and professional schools as Exercise Science and Pre-Health Professions. The curriculum prepares graduates with the knowledge necessary for employment as strength and conditioning specialists; personal trainers, corporate, community, and commercial fitness leaders. The major also provides a strong background for those interested in pursuing a masters or doctoral degree in exercise physiology. 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 (e.g.. Human Anatomy, Exercise Physiology, Biomechanics, Nutrition, etc.) in the major to be of special interest because of their emphasis on the human body. The curriculum culminates with applied courses such as Laboratory Methods providing students with "hands on" practical experiences and 200-300 hour internships. Approximately 80% of Creighton's Exercise Science and Pre-Health Professions majors apply for acceptance into professional schools.

### Examples of where graduates have gone during the past 5 years:

- **Medicine** at Creighton University, University of Nebraska Medical Center, University of Iowa, Scripps School of Medicine Loyola Chicago
- **Physical Therapy** at Creighton University, Chapman University, University of Nebraska Medical Center, Northwestern University, Regis University, Washington University, Loma Linda, University Nevada Las Vegas University of New England, University of Southern California
- **Occupational Therapy** at Creighton University, University of Washington
- **Dentistry** at Creighton University, University of Iowa
- **Osteopathic Medicine** at Des Moines University, University of Iowa, Kansas City University
- **Physician Assistant** at University of Nebraska Medical Center, Methodist, Clarkson, Touro University
- **Pharmacy** at Creighton University
- **Accelerated Nursing** at Creighton University, University of Nebraska Medical Center, St. Louis University
- **Masters in Public Health** at University of Nebraska Medical Center, University of Iowa, George Washington University
- **Masters in Exercise Science** at University of Nebraska Omaha, Cal State Fullerton
- **Masters in Athletic Training** at University of Nebraska Omaha

### EMPLOYMENT at:

- **Commercial Fitness** at Prairie Life
- **Community Fitness** at the YMCA, Live Well Kids, Wellbound Fitness
- **Corporate Fitness** at ConAgra, Healthbreak

**Other Opportunities** such as Jesuit Volunteer Corps and Somos Hermanos

**Major's Club  
Exercise  
Science  
Excellence in  
Leadership  
(EXSEL)**

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, and Family to Family (Christmas) Project.

**Student  
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 training and conditioning.

**Student Research Opportunities**

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 a faculty to design, conduct, analyze and report of the research results. Current areas of research include nutrition, body composition, gastrointestinal function, motion capture analysis, and low cost mechanical hand for children with amniotic band syndrome and other hand differences.

**Major Requirements**

**Admission Requirements:**

Students who wish to become an Exercise Science and Pre-Health Professions major must have an overall Grade Point Average of 2.75 in 30 or more hours of coursework at Creighton University and have grades of "C" or better in General Chemistry and General Biology.

**Degree Requirements:**

CHM 203/04	General Chemistry	4 semester hours
BIO 201/05	General Biology	4 semester hours
EXS 125	First Aid	2 semester hours
EXS 142	Personalized Weight Training	1 semester hour
EXS 144	Aerobics	2 semester hours
EXS 195	Introduction to Athletic Training	3 semester hours
EXS 240	Designing a Personalized Fitness Program	3 semester hours
EXS 320	Human Physiology	4 semester hours
EXS 331	Human Anatomy	4 semester hours
EXS 334	Biomechanics	4 semester hours
EXS 335	Exercise Physiology	4 semester hours
EXS 350	Nutrition for Health and Sports Performance	3 semester hours
EXS 401	Exercise Prescription	3 semester hours
EXS 407	Basic Statistics and Research Design	3 semester hours
EXS 489	Laboratory Methods and Procedures	4 semester hours
EXS 491	Exercise Leadership & Program Administration	3 semester hours
EXS 492	Exercise Science Internship	3 semester hours