

Exercise Science Education

Exercise science education includes two tracks. The exercise science track involves the study of structural, functional, and behavioral phenomena related to participation in physical activity and exercise in sport, clinical, and community settings. The health promotion track addresses the promotion of exercise and other health behaviors in community, work site, and health care settings, or in other programs that include health program implementation and evaluation initiatives.

Pursuing Exercise Science at Ohio State

Academic preparation in biology, chemistry, math, and physics is helpful for satisfactory completion of the prerequisite courses for admission into the major. Participation in sports is not a prerequisite; however, participation in sports and other activities requiring varied levels of physical activity would help develop an appropriate perspective for applicants to this major.

All freshman applicants are considered within a competitive admission process for the Columbus campus. The primary criteria for admission are the completion of the applicant's high school college preparatory program, performance in that program as indicated by class rank and/or grade-point average, and performance on either the ACT or SAT.

Admitted students who come to Ohio State to study exercise science will be directly enrolled as pre-exercise science student in the School of Physical Activity and Educational Services (PAES) if they meet one of the following criteria: (1) ACT composite scores of 22 or higher or combined SAT Critical Reading and Math scores of 1030 or higher or (2) rank in the top 35 percent of their high school classes enroll. Those students not eligible to directly enroll in exercise science may enroll in the Exploration Program. To learn more, visit exploration.osu.edu.

To be considered for admission to the exercise science major, students must meet the following minimum criteria:

- Cumulative grade point average of 2.75 over at least 45 hours of course work
- Completion of the following courses with a grade of C- or better:
 - Biology 113 Energy Transfer and Development
 - Chemistry 121 and 122 General Chemistry
 - English 110 First Year English Composition
 - Math 148 Algebra and Trigonometry
 - EDU PAES 360 and 361 Kinesiology
- Three letters of recommendation, at least one of which must be from an Ohio State science course instructor
- Statement of professional goals

Application forms may be obtained online at ehe.osu.edu/paes

and returned to A100 PAES Building. The deadline for application is April 1 for autumn quarter admission.

Exercise Science Education Requirements

In addition to regular classes, students take seven hours of practicum credits. The required practica are courses that offer concentrated study in areas such as Underwater Weighing To Determine Body Fat Percentage; Assessment Of Muscular Strength And Flexibility; and Fitness Evaluation, Prescription, And Supervision. The practicum experiences are intended to develop a high level of theoretical knowledge and practical experiences for those areas. Students also complete a 300-hour (15 credit hours) internship during their senior year.

Students who intend to pursue graduate study with a research emphasis are encouraged to complete a senior honors thesis. The student must have a 3.2 or better cumulative grade point average and must obtain a faculty sponsor with expertise in the student's topic of interest. One must also complete at least eight credit hours of research course work. The research project must be written and presented as an oral report to the faculty for evaluation.

Co-Curricular Opportunities

Ohio State offers many opportunities for students to learn and grow outside of the classroom. These many include cooperative education (co-op) and internships to study abroad programs to student organizations. Co-ops and internships place students in professional environments while they are Ohio State students. Ohio State offers more than 100 study abroad programs in 40 countries around the world. In addition, there are hundreds of student organizations on campus to meet the interests of a diverse student population.

The **Exercise Science Club (ESC)** is very active on campus and in the Columbus community providing opportunities for co-curricular, extra-curricular, and professional enhancement for students. ESC partners with Run Wild Racing of Columbus to organize and produce an end-of-the-year 5k with profits benefiting the American Diabetes Association. More information at ehe.osu.edu/paes/student-services/ESC.htm.

EHE Ambassadors are student leaders promoting and contributing to the growth of the College of Education and Human Ecology. These students serve as representatives of their college and majors to prospective students and their families, currently enrolled students, faculty and staff, alumni, donors, and the university community, while being devoted to service and leadership. More information at eheambassadors.org.ohio-state.edu.

For more information, check these web sites:

Exercise Science Education: ehe.osu.edu/paes
College of Education and Human Ecology: ehe.osu.edu
Ohio State: osu.edu

Admissions: undergrad.osu.edu
Multicultural Center: multiculturalcenter.osu.edu
First Year Experience Program: fye.osu.edu

Curriculum Sample

This is a sample list of classes a student may take to pursue the Bachelor of Science in Exercise Science Education. Since university students need more than specific education in a narrow field, they also will take classes to complete the General Education Curriculum (GEC). The GEC will allow students to develop the fundamental skills essential to collegiate success across major programs. Course work options satisfying the GEC often come from a variety of academic areas of study allowing students to tailor their GEC toward their interests. Consult the departmental web site, ehe.osu.edu/paes, for details on each specific track.

Freshman Year:

| | |
|------------------------|-----------|
| Math | 9 |
| English | 5 |
| Freshman Survey | 1 |
| Chemistry | 10 |
| Health & Well-Being | 3 |
| Statistics | 5 |
| Kinesiology | 3 |
| Kinesiology laboratory | 1 |
| Approved Activity | 1 |
| GEC | 10 |
| Total hours | 48 |

Sophomore Year:

| | |
|--------------------|-----------|
| Biology | 5 |
| Biochemistry | 6 |
| 2nd writing course | 5 |
| Anatomy | 5 |
| Physics | 10 |
| Athletic training | 4 |
| Approved Activity | 1 |
| GEC | 10 |
| Total hours | 46 |

Junior Year:

| | |
|--|-----------|
| Physiology And Cell Biology | 10 |
| Orientation To Exercise Science | 1 |
| Human Nutrition | 5 |
| Pharmacy Or Pharmacology | 3 |
| Applied Physiology Of Exercise I | 3 |
| Applied Physiology Of Exercise Lab I | 1 |
| Body Composition Evaluation | 2 |
| Applied Physiology Of Exercise II | 3 |
| Applied Physiology Of Exercise Lab II | 1 |
| Muscular Strength & Endurance | 2 |
| Promoting Behavior Change | 3 |
| Health Promotion In The Workplace | 3 |
| Adult Exercise Programming | 3 |
| Introduction Labs In Exercise Physiology | 1 |
| Approved Activity | 1 |
| GEC | 5 |
| Total hours | 47 |

Senior Year:

| | |
|-----------------------------|-----------|
| Health Program Planning | 3 |
| Graded Exercise Testing | 3 |
| Lifespan Motor Development | 5 |
| Exercise Science Internship | 15 |
| Free Electives | 4 |
| GEC | 10 |
| Total hours | 40 |

Sport & Wellness Learning Community

The School of PAES, along with University Housing, is proud to sponsor the Sport & Wellness Learning Community. Many students find the focus on sport, fitness, and holistic health adds balance to academic life at Ohio State. The program offers students numerous opportunities to maintain and explore areas of interest related to physical fitness, personal health, and exercise featuring group yoga classes, white water rafting trips and more. Affiliated faculty and staff interact with students in shared classes, community activities, and sporting events on campus and in the Columbus community. Located in Morrill Tower, right next to the Recreation and Physical Activity Center and home of the School of PAES, the Sport & Wellness Learning Community program is a perfect choice for PAES students.

Honors & Scholars Programs

Honors opportunities within the College of Education and Human Ecology are described on the web at ehe.osu.edu/paes/students/undergrad/honors/program.htm. Honors & Scholars programs represent great opportunities to be part of a smaller community within a large university. Good candidates for these programs will receive additional information after admission to the university. Learn more about the Honors & Scholars program at honors-scholars.osu.edu.

Career Counseling and Job Search

Ohio State's professional counseling staff specializes in personal development and academic growth. In addition, Ohio State's career and job services offices around campus offer help in career planning and, as students move closer to graduation, resume writing, writing application letters, and job search. These offices can help students match interests and strengths with a promising career. Ohio State recognizes that students' needs for career support services vary and offers special services for disabled students, veterans, minority students, and international students. More information at ehe.osu.edu/career-services or careerconnection.osu.edu.

Teaching Credentials

Exercise science does not lead to Ohio teacher licensure. Information regarding teaching licensure programs offered by Ohio State is available at ehe.osu.edu/academics.

Career Prospects in Exercise Science

With some additional coursework many exercise science education students find themselves uniquely qualified and attractive candidates for graduate programs in physical therapy, occupational therapy, chiropractic, athletic training, dentistry, medicine, and optometry, pharmacy, or veterinary medicine school.

The **exercise science track** prepares individuals for work in hospitals, clinical fitness centers, rehabilitation programs, or other programs that require exercise prescription, evaluation, body composition, general fitness testing, and physical activity, exercise, or health program delivery.

The **health promotion track** prepares individuals for work as Certified Health Education Specialists in community agency health programming, corporate health, public health agencies, and university wellness centers.

Revised July 2008. For the most up-to-date information on the exercise science program, please visit ehe.osu.edu/paes.

Contact information:

Office of Student and Alumni Services | School of Physical Activity & Educational Services | A100 PAES Building | 305 West 17th Avenue
Columbus, Ohio 43210-1224 | (614) 292-6787