



**GROVE CITY
COLLEGE**

Because faith and freedom matter

DEPARTMENT OF EXERCISE SCIENCE

ALBERT A. HOPEMAN, JR. SCHOOL OF SCIENCE, ENGINEERING AND MATHEMATICS

DEPARTMENT FACULTY

Dana L. Ault, Ph.D.
Assistant Professor of Exercise Science

Jeffrey D. Buxton
Assistant Professor of Exercise Science

James H. Chinn, Ed.D.
Associate Professor of Exercise Science

Andrew DiDonato '10
Assistant Professor of Exercise Science

Michael F. Dreves '97
*Interim Department Chair
Assistant Professor of Exercise Science*

David C. Fritz '94
*Aquatics Director
Assistant Professor of Exercise Science*

Leslie M. Fuss
Assistant Professor of Exercise Science

Todd D. Gibson '02
*Athletic Director
Assistant Professor of Exercise Science*

Kristen M. Hughes-Cramer
Assistant Professor of Exercise Science

Alyssa A. Hunt
Assistant Professor of Exercise Science

Cathy E. Jacobs
Assistant Professor of Exercise Science

Melissa D. Lamie
Assistant Professor of Exercise Science

Steven S. Lamie '85
Assistant Professor of Exercise Science

Philip J. Prins, Ph.D.
Assistant Professor of Exercise Science

Sean K. Severson
Assistant Professor of Exercise Science

Erin K. Street
Assistant Professor of Exercise Science

DEPARTMENT DESCRIPTION

The Department of Exercise Science and Athletics at Grove City College prepares students to excel in a wide variety of graduate and professional programs and for diverse careers in health-related professions. Students earning a Bachelor of Science degree in exercise science complete coursework that prepares them for professional certification and careers in commercial- or community-based health and fitness, clinical exercise physiology, coaching or athletics. Offering a well-rounded curriculum that balances theory and practice, students have the opportunity to receive specialized instruction in exercise science, research methods, nutrition, anatomy and physiology, biomechanics, ethics and personal training.

MAJOR

Exercise Science

The Bachelor of Science degree in exercise science prepares students for health-related professions, physical therapy school, graduate studies, doctoral research and professional training. Students complete approximately 80 credit hours of course requirements in addition to the College core curriculum. Practical experiences are encouraged through internships. Students are required to take a professional certification exam to earn credentials from either the American College of Sports Medicine or the National Strength and Conditioning Association. Students majoring in exercise science may also pursue a concentration in Allied Health.

MINORS

Exercise Science

A minor in exercise science provides students with a foundational understanding of exercise science, including the requirements for professional certification, graduate school requirements and career options for both fitness and clinical fields. Students complete 28 credit hours of course requirements to minor in exercise science, receiving specialized instruction in anatomy and physiology and the acute and chronic effects of exercise on human systems.

Nutrition

A minor in nutrition provides students with foundational courses intended to increase knowledge of nutrition issues. The minor complements degrees related to exercise science, biology, chemistry, psychology, education, and medical or allied health fields. Students complete 15 credit hours in macronutrient and micronutrient basic chemistry, roles in the body, food sources, and recommended intakes.

ACCREDITATION

Grove City College's exercise science program is accredited by the Committee on Accreditation of Allied Health Education Programs (CAAHEP). CAAHEP accreditation helps to assure potential students that an institution has met certain standards in terms of administration, resources, faculty and facilities.

UNDERGRADUATE RESEARCH OPPORTUNITIES & AREAS OF INTEREST

Students have the opportunity to conduct meaningful, relevant research alongside experienced and accomplished faculty and can do so in the Exercise Physiology Laboratory, a state-of-the-art multifunctional exercise physiology facility. All exercise science students are required to design, plan and execute a research project. In addition to Research Methods and Research Practicum requirements, students have the opportunity to become involved with research as professionals and subjects through independent studies and by working with professors on their research. Students can join the Campus Wellness Committee, the Exercise Science Club or assist College faculty and staff by providing personal training sessions.

INTERNSHIPS

Health and Fitness

Cool Springs Fitness and Aquatics
Specialty Orthopedics
Wise Physical Therapy & Sports Medicine

Strength and Conditioning

Pittsburgh Riverhounds
Speed Strength Systems
Redline Athletics

Physical Therapy

The Children's Institute
Tri State Physical Therapy
Advantage Rehab

CAREER AND GRADUATION OPPORTUNITIES

In addition to gaining immediate employment in health-related professions, many of our graduates continue their studies at a wide range of professional and graduate programs. Recent graduates have been admitted to Slippery Rock University (DPT program), University of Pittsburgh (DPT program), Mount Union (DPT program), East Carolina University (MS) and many more. The exercise science major can lead to careers in many health fields, including exercise physiology (clinical and nonclinical), cardiopulmonary rehabilitation, sports nutrition, physician, physical/occupational therapy, personal trainer, health and fitness educator, coaching, wellness director, clinical research scientist and sports psychology. Employment settings may include hospitals, outpatient clinics, medically supervised fitness centers, sports complexes, school systems, public health facilities, workplace fitness centers, government agencies, athletic programs, country clubs and resorts and centers for disease control.



CONTACT

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Grove City College is a highly ranked, nationally recognized private liberal arts and sciences college that equips students to pursue their unique callings through an academically excellent and Christ-centered learning and living experience distinguished by a commitment to affordability and promotion of the Christian worldview, the foundations of a free society and the love of neighbor. Established in 1876, the College is a pioneer in independent private education and accepts no federal funds. It offers students degrees in 60 majors on a picturesque 180-acre campus north of Pittsburgh, Pa. Accredited by the Middle States Commission on Higher Education, Grove City College is routinely ranked as one of the country's top colleges by U.S. News & World Report, The Princeton Review and others based on academic quality and superior outcomes.