

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

**DEPARTMENT FACULTY**

Philip J. Prins, Ph.D.  
*Department Chair  
Associate Professor of Exercise Science*

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

Jeffrey D. Buxton, D.Sc.  
*Assistant Professor of Exercise Science*

Hayden Gerhart, Ph.D.  
*Associate Professor of Exercise Science*

**DEPARTMENT DESCRIPTION**

The Department of Exercise Science 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 90 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. Exercise science majors may also pursue a concentration in Pre-Physical Therapy, Pre-Occupational Therapy, Athletic Training, Personal Training, Strength and Conditioning and Physiological Sciences.

**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 23 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**

Philip J. Prins, Ph.D.  
Chair and Associate Professor of Exercise Science  
724-458-3863 | [pjprins@gcc.edu](mailto:pjprins@gcc.edu) | [www.gcc.edu/exer](http://www.gcc.edu/exer)  
100 Campus Drive, Box 3057, Grove City, Pennsylvania 16127