

**COLLEGE OF HEALTH, ENVIRONMENT &
SCIENCE**

Contact

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Entrance Requirements

Official High School Transcripts, including a 12th Grade class schedule if applicable
SAT or ACT Scores
\$25.00 application fee

Major Requirements

BS

15 credits	Theory Courses
6 credits	Fundamental Courses
30 credits	Specialization
12 credits	Internship

Acceptance to major required.

Students who are admitted into the program must maintain a major and overall QPA of 2.75.

120 Minimum total credit hours required for graduation

There is also an Exercise Science program with a 3+3 Physical Therapy component. For further information please contact the department at 724-738-2830.

Minor

Adaptive Physical Activity

Program

Exercise Science is a well-respected academic field of study that focuses on movement and how it alters the structure and function of the human body.

Is your goal to help people lead a healthy lifestyle? Do you want to learn how the body reacts to and benefits from regular exercise? If you answered yes, Exercise Science may be an exciting career path for you.

The SRU Exercise Science program is nationally known and recognized. The major is the first in the country to be accredited by the American Society of Exercise Physiologists and its curriculum is endorsed by the American College of Sports Medicine and the National Strength and Conditioning Association.

Career Opportunities

Graduates are qualified and prepared for the variety of professional positions available in the industry such as Cardiopulmonary Rehabilitation Specialist (advanced degree recommended), Fitness/Wellness Director at a corporation, university or commercial fitness center, Exercise Physiologist, Fitness/Exercise Specialist, Group Fitness Instructor, Instructor or Professor (advanced degree recommended), Personal Trainer, Researcher, Strength and Conditioning Coach

Liberal Education Requirements*

Approximately one-half of a student's courses will be credited toward completing liberal studies requirements. The liberal studies program is designed to provide students with the breadth of knowledge expected of an educated person in our society. These courses compliment the depth of specialty acquired in a student's major.

The program contains seven critical goals or areas of study. For each area, students select one or two classes from a selection of "goal courses." In addition, in some areas of study, students select a course from a wide class selection identified as "enrichment courses." These courses provide the opportunity to broaden and deepen knowledge in the goal area. Lastly, co-curricular "Supporting Experiences," are identified. These activities and programs available to all students and encompass working on student publications, belonging to honorary societies or working with various special on-campus special interest groups.

Goal I: Basic Competencies

Goal II: The Arts

Goal III: Cultural Diversity and Global Perspective

Goal IV: Human Institutions and Interpersonal Relationships

Goal V: Natural Sciences and Mathematics

Goal VI: Our National Experience

Goal VII: Challenges of the Modern Age

**All SRU students must complete the liberal studies requirements, which are counted in the total credit hours required for graduation and may be contained in the Major Requirements previously listed.*

Graduate Study

The Department of Exercise & Rehabilitative Sciences offers a Master of Exercise & Wellness Promotion. For further information, please contact the Office of Graduate Studies at 724-738-2116.

Academic Programs 2004-2005



This fact sheet is intended for informational purposes only and is subject to change.