

# Exercise Science



## Program Overview

Students in our program apply scientific exploration of the human body's response during exercise. They will apply this knowledge to enhance one's level of fitness in a variety of different populations, including healthy, diseased, or athletic individuals. Students from this major are fully prepared to enter the world of personal wellness, corporate fitness, and athletic conditioning programs. The academic concentration in the sciences will help student prepare for possible future graduate study in various fields related to allied health and medicine.

## Careers and Placement

Capital University graduates can find employment in corporate and clinical fitness settings, as well as private and professional settings. Their strong scientific and practical foundation in the fitness professional prepares them well for graduate study. These majors may choose to go on to graduate study in exercise physiology, exercise sciences, health promotion, community health and wellness, and exercise behavior. Additionally, with some prerequisite courses, these graduates may go on to physical therapy school or into other professional allied healthcare fields. Those additional certifications will help to build an impressive resume upon graduation.

## Certification Preparation

This program was officially recognized by the National Strength and Conditioning Association (NSCA) in 2004. Students completing this degree will be eligible to sit for several national certification exams, including the NSCA's Certified Strength and Conditioning Specialist Exam (ACSM) Certified Health Fitness Specialist. Students completing an additional 600 hours of clinical practical experience will also be eligible to sit for ACSM's Certified Exercise Specialist exam.

## Faculty

Faculty members from a variety of disciplines teach the major courses. Our faculty members are NSCA-certified strength and conditioning specialists. The department recognizes the importance of these professionals teaching exercise physiology and exercise prescription. They teach the most current and commonly used techniques.

## Facilities

The program is housed on the main campus in the Capital Center, a 126,000 square foot health, education, recreation, and athletic facility. The state-of-the-art complex houses a 2,200 seat performance arena, indoor track, multipurpose forum, tennis courts, a variety of athletic fields, a fitness center, and technology-equipped classrooms and labs for health and sport sciences students.

### What Our Grads Are Doing Now:

Wellness Coach

Exercise Specialist

Personal Trainer

Graduate Studies

Cardiac Rehab Specialist

### You'll Be Prepared To:

- Critically assess evidenced-based clinical services across the continuum of care
- Critically analyze, evaluate, and develop logical solutions to practical problems
- Develop the ability to communicate verbally to diverse audiences
- Demonstrate performance within multiple settings
- Practice professional development and discover the importance of lifelong learning

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## Four Year Sample Curriculum

### First Year, Fall

Personal Health  
Chemistry  
Biology  
College Reading & Writing

### First Year, Spring

Oral Communication  
Sports Injury Care  
Biology  
Chemistry  
Human Anatomy

### Second Year, Fall

Motor Learning  
Anatomy & Physiology  
Intro to Psychology  
Medical Terminology  
Global Awareness

### Second Year, Spring

Sports Nutrition  
Cultural Pluralism  
Anatomy & Physiology  
Fine Arts

### Third Year, Fall

Social Science Stats  
Religion  
Exercise Physiology  
Exercise Prescription  
Elective

### Third Year, Spring

Biomechanics  
Social Science Research  
Junior Practicum  
Strength & Conditioning

### Fourth Year, Fall

Humanities  
Junior Practicum  
Electives

### Fourth Year, Fall

Ethics  
Senior Practicum

All courses subject to availability and advisor approval. All undergraduates must demonstrate that Signature Learning goals have been met.

### Program Specific Organizations

Capital Barbell

Pre-Health Association

CapaThon

CapFit



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Approved for 2024-2025