



EXERCISE PHYSIOLOGY

Itasca Community College-College of St. Scholastica

Exercise physiology is the comprehensive delivery of professional services concerned with the analysis, improvement, and maintenance of health and fitness, rehabilitation of heart disease and other chronic diseases and/or disabilities, and the guidance and counsel of athletes and others interested in athletics, sports training, and human adaptability to acute and chronic exercise. Academic preparation offers a unique and comprehensive study of human stress, physical activity, and lifestyle issues. Results from exercise physiology research studies help to discern the psychophysiological effects of exercise, and the extent to which regular exercise helps in developing and maintaining cardiovascular and musculoskeletal integrity.

Exercise Physiology at St. Scholastica

The Department of Exercise Physiology offers a Bachelor of Arts degree in Exercise Physiology. Exercise physiologists are prepared for either careers in the management of health related risk factors, fitness and athletic development, and cardiopulmonary programs to rehabilitate patients with heart and/or lung disease or research opportunities in the above-mentioned careers.

If you are looking for a career with the potential for advancement, consider Exercise Physiology. Some students who have graduated from The College of St. Scholastica have gone on to sit for the “Exercise Physiologist Certification” exam. Many are board certified exercise physiologists who work in professional sports, industry, clinical settings, research, pharmacology, the military, and government research. Still other students have been accepted into exercise physiology graduate programs.

Graduates are prepared to:

- Plan and administer health-fitness and wellness programs in colleges and universities, as well as agencies specializing in multiple risk factor intervention
- Provide leadership in the development of fitness programs for agencies specializing in youth, adult, and elderly fitness
- Plan and administer exercise rehabilitation programs for hospitals with cardiopulmonary programs for coronary artery disease, obstructive pulmonary disease, and diabetes
- Apply scientific knowledge from practical research to increase program and/or instructional effectiveness
- Assess cardiovascular fitness capabilities and musculoskeletal development of persons with disabilities and/or deficiencies
- Conduct and publish exercise physiology research
- Continue education at the graduate level in exercise physiology

(OVER)

The following curriculum is suggested for students interested in majoring in Exercise Physiology:

FRESHMAN

				Fall				Spring			
Biol	1201	Gen Biol I	4	Biol	1202	Gen Biol II	4				
Chem	1101	Intro Chem I	4	Hlth	1101	First Aid	3				
Engl	1101	Expos Writing	4	Psyc	1201	Hum Gr/Dev	3				
Math	1111	College Algebra	3								

SOPHOMORE

				Fall				Spring			
Biol	2101	Hum Anat/Phys I	4	Biol	2102	Hum Anat/Phys II	4				
Phys	1101	Intro Phys I	4	Hlth	1202	Nutrition	3				
Psyc	1101	Gen Psyc	3								

The College of St. Scholastica encourages completion of the Associate in Arts (A.A.) degree or the Minnesota Transfer Curriculum

EMPLOYMENT OUTLOOK

Exercise Physiology graduates are employed in:

- Teaching at all levels, including colleges and universities
- Athletic clubs and sports medicine centers
- Public, private, and corporate recreational fitness centers
- Clinical exercise testing centers and laboratories
- County, state, and national health-wellness programs
- Strength and conditioning programs for athletes
- Fitness programs in private hospitals, at resorts, and on cruise ships

ICC students transferring to the College of St. Scholastica with an Associate in Arts degree or the Minnesota Transfer Curriculum have fulfilled all CSS general education requirements. In addition, students are required to complete a College of St. Scholastica senior seminar. Also, courses in foreign language and cultural diversity are highly recommended.

Visit College of St. Scholastica on the world wide web at: www.css.edu