

COURSES:

HEALTH AND EXERCISE SCIENCE MAJOR:

12 courses, including:

- HES 1004 Introduction to Exercise Science
- HES 2024 Public Health
- HES 2094 Anatomy and Physiology I (or BIO 2014)
- HES 2104 Anatomy and Physiology II (or BIO 2104)
- HES 3014 Physiology of Exercise
- HES 3054 Biomechanics
- HES 3204 Nutrition and Energy Balance
- HES 4444 Senior Seminar/Capstone

4 elective courses

HEALTH AND EXERCISE SCIENCE MINOR

7 courses, including:

- HES 1004 Introduction to Exercise Science
- HES 2094 Anatomy and Physiology I (or BIO 2014)
- HES 3014 Physiology of Exercise
- HES 3054 Biomechanics
- HES 3204 Nutrition and Energy Balance

2 elective courses

FACULTY

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TRANSYLVANIA
UNIVERSITY

**HEALTH AND
EXERCISE SCIENCE**

ABOUT THE MAJOR:

With a foundation in the liberal arts, Transylvania's health and exercise science program offers a dynamic curriculum that is focused on scientific approaches to human movement.

Faculty expertise in physiology, nutrition and biomechanics allows for the integration of science and health in covering a variety of topics about exercise and wellness. Students gain knowledge about the role of physical activity and health in their lives, and the exercise science major allows them the opportunity to apply concepts learned in class to practical experiences through off-campus internships. Additionally, students have the opportunity to complete summer research projects under the direction of a professor. The diversity of the health and exercise science major provides students with a broad range of post-graduate opportunities.

Health and exercise science majors at Transylvania benefit from the Clive M. Beck Athletic and Recreation Center, a 97,000-square-foot, state-of-the-art facility that accommodates varsity sports, intramurals, fitness activities and casual recreation. While the center was designed for all Transylvania students, it fills the curricular needs of the exercise science program, offering three classrooms, an exercise physiology lab, a dance studio with sprung floor and a training room with hydrotherapy facilities.

WHERE OUR GRADUATES HAVE STUDIED:

George Washington University
New York University
North Carolina State University
University of Evansville
University of New Mexico
Vanderbilt University
Washington University in St. Louis

POSITIONS OUR GRADUATES HAVE HELD:

Physical therapist
Occupational therapist
Cardio rehab specialist
College professor/coach
Physician assistant

INTERSHIPS STUDENTS HAVE COMPLETED:

Lexington Clinic
University of Kentucky Health Care
Baptist Health Care
Fayette County Public Schools
Physical therapy clinics
Occupational therapy clinics

COURSES OF SPECIAL INTEREST:

Anatomy and Physiology
Nutrition and Energy Balance
Physiology of Exercise
Health Promotion
Biomechanics
Women's Health
The Life of a Muscle



"Transylvania improved my quality of life. And now it is my goal and professional responsibility to give back to the community by improving the quality of life for my patients."

Haley Riney '07, physical therapist