



EXERCISE SCIENCE

Exercise science major

Turn your passions for health, wellness, fitness and performance into a thriving career as you pursue this highly hands-on program that combines rigorous coursework, clinical experiences and career development support to prepare you to lead in this expanding field.

THE CLASSROOM EXPERIENCE

Experiential, lab-based learning

The Franklin College exercise science major is designed to prepare students for careers in both clinical and sports performance settings, covering anatomy, biomechanics, physiology, nutrition, exercise and more. Courses accentuate hands-on, lab-based learning, preferring a stethoscope, blood pressure cuff, heart rate monitor and exercise equipment to a textbook. That approach is demonstrated as early as freshman year when students perform foundational health assessments like EKGs – electrocardiogram tests that assess a patient’s heart health – which become second nature well before graduation. In addition to coursework, every major pursues independent research on human subjects, a unique opportunity for undergraduate students. Past research topics have included:

- Testing the acute physiological effects of high-altitude training masks
- Measuring physical changes after using blood flow moderation (KAATSU) training
- Assessing the physical response to exercise using virtual reality gaming

The curriculum also infuses business, marketing and career preparation skills, giving students the professional competence and confidence they need to lead in the field.

100%

of our students
complete an internship
or undergraduate
research.

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OUTSIDE THE CLASSROOM

Integrated and immersive clinical experience

The Franklin College exercise science faculty emphasize evidence-based practice and introduce clinical experiences into the program as early as possible. Majors have the opportunity to work directly with patients off-campus at the Indiana Masonic Home or on-campus with INSPIRE, a program for people with intellectual disabilities. Students often continue their education abroad, taking advantage of the college's ample travel opportunities; past exercise science majors have studied the history of sports in Ireland and interned with the Special Olympics in Costa Rica. Students have also interned with:

- The Indianapolis Colts strength and conditioning team
- The University of Indianapolis strength and conditioning team
- Hospitals, physicians and specialty technicians

POST-GRADUATION

100 percent PA and PT graduate program placement

While graduate school isn't required to have a successful career in the field, 100 percent of Franklin College exercise science majors who have chosen to pursue physical therapy and physician assistant graduate programs have been accepted since 2017. Past students have also pursued advanced degrees in occupational therapy, medicine and kinesiology and secured jobs working in:

- Applied behavioral analysis therapy
- Cardiac rehabilitation
- Strength and conditioning
- Coaching

DEPARTMENT OVERVIEW

- **Application-only major:** Students who wish to major in exercise science need to apply to and interview for the program, a process that takes place during spring semester of students' freshman year.
- **Supplementary minor:** Students often add on a minor in coaching, fitness, leadership or another related field to round out their skill set.
- **Career development support:** The department prepares majors for graduate school and employment by hosting mock interviews and working with students individually as they select and apply for programs and jobs.
- **Department contact information:** Read more about the program at www.FranklinCollege.edu/exercise-science or contact Program Director Kyra Noerr, Ph.D., RCEP, directly at 317.738.8112 or knoerr@FranklinCollege.edu.