



# EXERCISE SCIENCE

## Exercise science major

**100%**  
of our students  
complete an internship  
or undergraduate  
research.

**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, physiology, biomechanics, nutrition, sport psychology, exercise prescription and more. Courses accentuate hands-on, lab-based learning, preferring a stethoscope, blood pressure cuff, heart rate monitor and training equipment to a textbook. Beginning their first semester, students perform foundational health assessments like EKGs – electrocardiogram tests that assess a patient's heart health – and ultrasounds, which become second nature well before graduation. Students are assessed using practical testing to demonstrate their proficiency in these skills. 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 digital fluency, leadership and career preparation, giving students the professional competence and confidence they need to accelerate in their field.

**COURSES ACCENTUATE HANDS-ON, LAB-BASED LEARNING, PREFERRING A STETHOSCOPE, BLOOD PRESSURE CUFF, HEART RATE MONITOR AND EXERCISE EQUIPMENT TO A TEXTBOOK ALONG WITH COURSEWORK, EVERY MAJOR PURSUES INDEPENDENT RESEARCH ON HUMAN SUBJECTS, A UNIQUE OPPORTUNITY FOR UNDERGRADUATE STUDENTS.**



#### **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 Otterbein Senior Life Community. 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, interned with the Special Olympics in Costa Rica, and investigated the role of sport in the racial divide in South Africa. Students have also interned with:

- Indianapolis Colts strength and conditioning team
- The University of Indianapolis strength and conditioning coaches
- Physicians, physicians assistants, nurse practitioners and nurses
- High performance athletic coaches
- Physical therapists and occupational therapists
- Specialty technicians



#### **POST-GRADUATION**

While graduate school isn't required to have a successful career in the field, 94 percent of Franklin College exercise science majors who have chosen to pursue a graduate program have been accepted since the start of the program in 2016. Students have been accepted to medical school, physician assistant studies, occupational therapy, physical therapy, athletic training, law, orthotics and prosthetics, chiropractics, accelerated nursing, speech therapy, pharmacy and doctor of philosophy programs. Alumni from exercise science have secured jobs working in:

- Applied behavioral analysis therapy
- Cardiac rehabilitation
- Strength and conditioning
- Coaching
- Medical sales
- Nuclear medicine and testing
- Firefighting
- Teaching

## **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 [FranklinCollege.edu/exercise-science](http://FranklinCollege.edu/exercise-science) or contact Program Director Kyra Noerr, Ph.D., RCEP, at 317.738.8112 or [knoerr@FranklinCollege.edu](mailto:knoerr@FranklinCollege.edu).