



HEALTH & EXERCISE SCIENCE

Health and Exercise Science students advocate for physical activity as a vital component to health and well-being. Students examine the foundations of human physiology, functional movement science, mental health, exercise prescription, and injury and disease prevention.

Within a biopsychosocial model of health, students experience real-time research and conduct field assessment opportunities associated with the clinical practices of athletic training, fitness instruction, strength and conditioning, and rehabilitation. Students graduate with a professional portfolio of skills and abilities for admission to graduate school or employment in health, fitness, wellness, and sports industries.

HANDS-ON EXPERIENCE

Students gain experiences on and off campus in a variety of professional settings. On-campus students have the opportunity to conduct health and fitness assessments in lab and partner with on campus clients for motivational interviewing, exercise prescription and nutrition consultation.

Off-campus students are eligible to complete service learning experiences and co-op placements with sports performance centers, fitness centers, food pantries, and clinical settings in athletic training and physical therapy.

PROGRAM CONCENTRATIONS

3+2 MASTER OF ATHLETIC TRAINING:

This program prepares students to earn an undergraduate degree that combines sports, medicine, health, disease and injury prevention, health behavior change, and exercise prescription and complete a graduate degree in athletic training in five years. Students complete the first three years of the curriculum at the Mount, then apply to a CAATE accredited graduate degree program in athletic training.

CLINICAL EXERCISE SCIENCE:

This program prepares students to assess individuals' health risks, implement personalized fitness programs, and for graduate programs in health-related fields.

SPORTS PERFORMANCE AND ACTIVE AGING:

This program prepares students to design and implement exercise programs to meet individual and group fitness and athletic performance goals from childhood into retirement.

CAREER POTENTIAL

FITNESS CENTER
EXERCISE
SPECIALIST

STRENGTH AND
CONDITIONING
COACH

HOSPITAL AND
WORKPLACE
WELLNESS
COACH

CLINICAL
RESEARCH

ATHLETIC
TRAINING*

PHYSICAL &
OCCUPATIONAL
THERAPY*

* denotes required admission to graduate program.



SCAN TO FIND:

- Featured courses.
- Program requirements and more!

100%

CAREER OUTCOMES RATE

100% of Exercise Science & Integrative Health Department graduates were successfully employed, enrolled in graduate studies, or volunteering within six months of graduation. The knowledge rate for this survey was 100%.



MOUNT ST. JOSEPH UNIVERSITY®

SCHOOL OF HEALTH SCIENCES

Office of Admission
513-244-4531 | 800-654-9314
msj.edu | admission@msj.edu

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Associate Professor and Chair
Department of Exercise Science and Integrative Health
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HEALTH & EXERCISE SCIENCE - 3+2 MASTER OF ATHLETIC TRAINING - BACHELOR OF SCIENCE

FIRST YEAR-SEMESTER #1		FIRST YEAR- SEMESTER #2		UNIVERSITY CORE	
FYE 101 First-Year Experience	1	BIO 198 Human A&P II	4	COMMON GOOD	
BIO 197 Human A&P I	4	BIO 198A Human A&P II Lab	0	CORE 115 Common Ground	Code COR
BIO 197A Human A&P I Lab	0	HES 125 Int. Health & Sci Ex II	3	Justice & the Common Good	Code JCG
HES 120 Int. Health & Sci Ex I	3	PSY 103 Intro to Psychology	3	Ethics	Code CE
SOC 103 Our Social World	3	COM 100/ENG 101	3	Experiential Learning	Code EXP
CORE 115 Common Ground	3	CORE requirement	3	Core Capstone	Code CCP
COM 100/ENG 101	3			HUMANITIES	
SECOND YEAR-SEMESTER #1		SECOND YEAR-SEMESTER #2		Speech (COM 100)	Code C
BIO 111 Principles of Biology I	4	CHE 111 General Chemistry I	3	Writing (ENG 101)	Code C
BIO 111A Principles of Bio I Lab	0	CHE 111A General Chem I Lab	1	Literature (ENG)	Code CL
BIO 111R Prin. of Bio Recitation	0	CHE 111R Gen. Chem I Recitation	0	Art or Music	Code CAM
BIO 130 Medical Terminology	2	HES 226 Human Nutrition	3	History	Code CH
MTH 174 Statistics	3	ESC 201 Function Kines & Assess	2	Religious Studies	Code CR
CORE requirement	3	ESC 201A Function Kines Lab	0	Philosophy	Code CP
CORE requirement	3	MTH 187 Precalculus & Trig.	4	SCIENCES	
		CORE requirement	3	Biology/Chemistry/Physics + Lab	Code CN
THIRD YEAR-SEMESTER #1		THIRD YEAR-SEMESTER #2		Mathematics	Code CMA
ESC 303 Exercise Physiology	4	ESC 323 Prin of Health Assess	4	SOC 103 Our Social World	Code CS
ESC 303A Exercise Phys Lab	0	ESC 323A Prin of Health Lab	0	Choose one discipline:	
HES 332 Epidemiology of Phys	3	ESC 311 Biomechanical Analysis	3	ECO 212 Microeconomics	Code CEP
PHY 201 General Physics I	3	HES 327 Physiological Adapt	3	PSY 103 Psychology	Code CEP
PHY 201A General Physics I Lab	1	CORE requirement	3		
CORE requirement	3	CORE Capstone	3		
CORE requirement	3				
FOURTH YEAR-SEMESTER #1		FOURTH YEAR-SEMESTER #2		NOTES	
Admissions to AT Program		Elective	3	^Prerequisites:	
Elective	3	Elective	3	Chemistry- College preparatory high school chemistry or the successful completion of a placement test.	
Elective	3	Elective	3	Math- Three years of college preparatory high school mathematics including functions.	
Elective	3	Elective	3	120 credit hours minimum needed to graduate	
Elective	3			***Curriculum Guide does not replace required advisement by a faculty member within the HES program***	

HEALTH & EXERCISE SCIENCE - CLINICAL EXERCISE MAJOR - BACHELOR OF SCIENCE

FIRST YEAR-SEMESTER #1		FIRST YEAR- SEMESTER #2		UNIVERSITY CORE	
FYE 101 First-Year Experience	1	BIO 198 Human A&P II	4	COMMON GOOD	
BIO 197 Human A&P I	4	BIO 198A Human A&P II Lab	0	CORE 115 Common Ground	Code COR
BIO 197A Human A&P I Lab	0	HES 125 Int. Health & Sci Ex II	3	Justice & the Common Good	Code JCG
HES 120 Int. Health & Sci Ex I	3	PSY 103 Intro to Psychology	3	Ethics	Code CE
SOC 103 Our Social World	3	COM 100/ENG 101	3	Experiential Learning	Code EXP
CORE 115 Common Ground	3	CORE requirement	3	Core Capstone	Code CCP
COM 100/ENG 101	3			HUMANITIES	
SECOND YEAR-SEMESTER #1		SECOND YEAR-SEMESTER #2		Speech (COM 100)	Code C
CHE 111 General Chemistry I	3	ESC 202 Lifespan Motor Develop	3	Writing (ENG 101)	Code C
CHE 111A General Chem I Lab	1	BIO 212 Musculoskeletal Review	2	Literature (ENG)	Code CL
CHE 111R Gen. Chem I Recitation	0	ESC 201 Function Kines & Assess	2	Art or Music	Code CAM
BIO 130 Medical Terminology	2	ESC 201A Function Kines Lab	0	History	Code CH
CED 220 Found of Professionalism	1	MTH 187 Precalculus & Trig.	4	Religious Studies	Code CR
MTH 174 Statistics	3	HES 226 Human Nutrition	3	Philosophy	Code CP
CORE requirement	3	CORE requirement	3	SCIENCES	
THIRD YEAR-SEMESTER #1		THIRD YEAR-SEMESTER #2		Biology/Chemistry/Physics + Lab	Code CN
ESC 303 Exercise Physiology	4	ESC 323 Prin of Health Assess	4	Mathematics	Code CMA
ESC 303A Exercise Phys Lab	0	ESC 323A Prin of Health Lab	0	SOC 103 Our Social World	Code CS
HES 332 Epidemiology of Phys	3	ESC 311 Biomechanical Analysis	3	Choose one discipline:	
PHY 201/201A Physics I + Lab	4	HES 327 Physiological Adapt	3	ECO 212 Microeconomics	Code CEP
CORE requirement	3	CORE requirement	3	PSY 103 Psychology	Code CEP
CORE requirement	3	CORE requirement	3	<u>NOTES</u>	
FOURTH YEAR-SEMESTER #1		FOURTH YEAR-SEMESTER #2		^Prerequisites:	
HES 430 Research Design	3	ESC 475 Ex Pro for Spec Pops	3	Chemistry- College preparatory high school chemistry or the successful completion of a placement test.	
HES 452 Senior Seminar	1	CORE Capstone	3	Math- Three years of college preparatory high school mathematics including functions.	
HES 394/396 Co-Op	1-3	CORE requirement	3	120 credit hours minimum needed to graduate	
Elective	3	Elective	3	***Curriculum Guide does not replace required advisement by a faculty member within the HES program***	
Elective	3	Elective	3		
Elective	3				

HEALTH & EXERCISE SCIENCE - SPORTS PERFORMANCE AND ACTIVE AGING MAJOR - BACHELOR OF SCIENCE

FIRST YEAR-SEMESTER #1		FIRST YEAR- SEMESTER #2		UNIVERSITY CORE	
FYE 101 First-Year Experience	1	BIO 198 Human A&P II	4	COMMON GOOD	
BIO 197 Human A&P I	4	BIO 198A Human A&P II Lab	0	CORE 115 Common Ground	Code COR
BIO 197A Human A&P I Lab	0	HES 125 Int. Health & Sci Ex II	3	Justice & the Common Good	Code JCG
HES 120 Int. Health & Sci Ex I	3	PSY 103 Intro to Psychology	3	Ethics	Code CE
SOC 103 Our Social World	3	COM 100/ENG 101	3	Experiential Learning	Code EXP
CORE 115 Common Ground	3	CORE requirement	3	Core Capstone	Code CCP
COM 100/ENG 101	3			HUMANITIES	
SECOND YEAR-SEMESTER #1		SECOND YEAR-SEMESTER #2		Speech (COM 100)	Code C
CHE 111 General Chemistry I	3	ESC 202 Lifespan Motor Develop	3	Writing (ENG 101)	Code C
CHE 111A General Chem I Lab	1	ACT 260 Group Exercise	2	Literature (ENG)	Code CL
CHE 111R Gen. Chem I Recitation	0	HES 226 Human Nutrition	3	Art or Music	Code CAM
CED 220 Found of Professionalism	1	BIO 212 Musculoskeletal Review	2	History	Code CH
MTH 174 Statistics	3	ESC 201 Function Kines & Assess	2	Religious Studies	Code CR
CORE requirement	3	ESC 201A Function Kines Lab	0	Philosophy	Code CP
CORE requirement	3	CORE requirement	3	SCIENCES	
THIRD YEAR-SEMESTER #1		THIRD YEAR-SEMESTER #2		Biology/Chemistry/Physics + Lab	Code CN
ESC 336 Sports Nutrition	3	ESC 323 Prin. of Health Assess	4	Mathematics	Code CMA
ESC 303 Exercise Physiology	4	ESC 323A Prin. of Health Lab	0	SOC 103 Our Social World	Code CS
ESC 303A Exercise Phys Lab	0	ESC 311 Biomechanical Analysis	3	Choose one discipline:	
HES 332 Epidemiology of Phys	3	HES 327 Physiological Adapt	3	ECO 212 Microeconomics	Code CEP
CORE requirement	3	CORE requirement	3	PSY 103 Psychology	Code CEP
Elective	3	CORE requirement	3	NOTES	
FOURTH YEAR-SEMESTER #1		FOURTH YEAR-SEMESTER #2		^Prerequisites:	
ESC 422 Athletic Conditioning	4	CORE Capstone	3	Chemistry- College preparatory high school chemistry or the successful completion of a placement test.	
ESC 422A Athletic Condition Lab	0	ESC 475 Ex Pro for Spec Pops	3	Math- Three years of college preparatory high school mathematics including functions.	
HES 430 Research Design	3	CORE requirement	3	120 credit hours minimum needed to graduate	
HES 452 Senior Seminar	1	Elective	3	***Curriculum Guide does not replace required advisement by a faculty member within the HES program***	
HES 394/396 Co-Op	1-3	Elective	3		
Elective	3				
Elective	3				



**MOUNT ST. JOSEPH
UNIVERSITY®**

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The University has designated the Vice President of Compliance Risk and Legal Affairs/General Counsel/Title IX Coordinator, (513) 244-4393, as the individual responsible for responding to inquiries, addressing complaints, and coordinating compliance with its responsibilities under Title IX of the Education Amendments of 1972 and other related federal and state civil rights laws. The University has designated the Chief Human Resources Officer, (513) 244-4979, as the individual responsible for responding to inquiries, issues, or complaints relating to discriminatory, harassing, or retaliatory conduct related to race, color, national origin, religion, age, disability, veteran status or any other legally protected status. The University has designated the Associate Provost for Academic Affairs, (513) 244-4614, as the individual responsible for responding for addressing formal complaints regarding compliance with its responsibilities under Section 504 of the Rehabilitation Act of 1973. 09-WO-002903