



## Bachelor of Science Degree

### University Profile

The University of Saint Francis was founded in 1890 and has a rich heritage of offering quality education. Rooted in the Catholic and Franciscan traditions of Faith and Reason, the University of Saint Francis engages a diverse community in learning, leadership and service.

The campus has 108 acres of rolling lawns and trees with 19 buildings and four residence halls that surround beautiful Mirror Lake.

Personal attention to students is what makes a USF education so meaningful and enriching to its approximately 2,000 students.

### Bachelor of Science in Health and Exercise Science

Students majoring in Health and Exercise Science select one of four tracks: community health promotion, wellness and fitness, environmental and occupational health, or exercise science. Upon graduation these majors are prepared for careers in community health education, public health, fitness training and management, health inspection, worksite health promotion, and other health-related fields. Health and Exercise Science majors may choose to continue their education through graduate programs in community health education, athletic training, exercise physiology, physical therapy, and environmental health.

### Track I – Community Health Promotion

Students learn to develop, implement and interpret health risk assessments; plan, develop and evaluate individual and group educational programs; and manage and administer health promotion programs. Employment opportunities include a range of job titles such as patient educators, health education specialists, community organizers, and health program managers. Courses within this track prepare students to qualify and take the certified health education specialist (CHES) exam (<http://www.nchec.org/>).

### Track II – Wellness and Fitness

This track emphasizes scientific theory, research and application to human movement, and exercise and fitness issues and problems. Graduates of the program pursue advanced degrees in exercise science or work in applied settings such as athletic programs, programs for school-aged children, fitness centers, and adult fitness programs. Courses within this track prepare students to qualify and take the certified personal trainer (ACSM) or health/fitness instructor (ACSM) exam (<http://www.acsm.org/Content/NavigationMenu/Certification/ACSMCertifications/Certification.htm>).

### Track III – Environmental and Occupational Health

This track focuses on identifying, evaluating and controlling environmental conditions that may have an adverse impact on human health. Graduates will find employment in federal, state and local health departments, environmental protection agencies, water supply and wastewater treatment utilities, solid waste management, planning agencies, healthcare institutions, manufacturing industries, food processing, and food service management. Courses within this track prepare students to qualify and take the examination for the designation Registered Environmental Health Professional (REHP) (<http://www.in.gov/pla/bandc/behs/reflist.html> or <http://www.neha.org/>).

### Track IV – Exercise Science

With Track IV, students prepare for graduate school in athletic training, exercise physiology and physical therapy. Students preparing for an associate degree in allied health should be able to complete the bachelor's degree in 4 to 4 1/2 years along with their associate degree. Students who are strong in science (not pursuing allied health) who are interested in physical therapy should consider a bachelor's degree in Biology.

### Sample Four Year Plan – Health and Exercise Science (Wellness and Fitness Track)

128 credits

#### Freshman Year

Fall (15 credits)

iConnect	3
Rhetoric and Composition	3
Introduction to Sociology	3
Fund. of Public Communication	3
General Psychology	3

Spring (15 credits)

General Biology II	3
Introduction to Race and Ethnicity	3
Principles of Management	3
Religion Gen Ed Requirement	3
Elective	3

#### Sophomore Year

Fall (15-16 credits)

Intro. to Environmental Science	3
Interpersonal Skills	3
Nutrition	3
Intro. to Sports Management	3
Anatomy and Physiology I	3-4

Spring (16 credits)

Social Responsibility and Leadership	3
Statistics	3
Current Pract. in Health and Fitness	2
Literature Gen Ed Requirement	3
Physical Growth K-12	2
Theology Gen Ed Requirement	3

#### Junior Year

Fall (17 credits)

History Gen Ed Requirement	3
Philosophical Ethics Gen Ed Req	3
Community Health	3
Human Growth and Development	3
Intro. to Adapted Physical Education	3
Coaching and Teaching Team Sports	2

Spring (16-17 credits)

Fine Arts Gen Ed Requirement	2-3
Care and Prevention of Injury	2
Exercise Physiology	3
Sports in American Society	3
Elective	3
Elective	3

**Senior Year**

Fall (15-18 credits)

Health and Safety	3
Internship in Health and ES	3
Kinesiology	3
Facilities Management	3
Elective	3
Elective, if needed	2-3

Spring (17 credits)

PE, Health, ES Capstone	3
Advanced Study- Strength and Cond.	3
Coaching and Teaching Aerobics	2
Health Promotion Programming	3
Elective	3
Elective	3

**Financial Aid**

Financial aid is available in the form of scholarships, grants, loans, and work study. Over 95 percent of undergraduate students receive some form of financial assistance; most receive more than one type of aid. Early estimator packages are available for dependent students during the fall at [www.sf.edu/financialaid](http://www.sf.edu/financialaid).

All students are encouraged to complete the Free Application for Federal Aid (FAFSA). Priority deadline is no later than March 10.

**For More Information**

Contact the Office of Admissions at 260-434-3279 or 1-800-729-4732 or visit our website at [www.sf.edu](http://www.sf.edu).