WHAT DO STUDENTS LEARN?
Immerse yourself in the science of fitness, from how organ systems function at the cellular level to how to improve the biomechanical efficiency of the individual and increase performance in sport, exercise and performance. When you major in exercise science at Chatham, you will learn the connections between exercise and biology, chemistry, mathematics and physics. You will also develop high-level skills in first aid, CPR, exercise testing and prescription, and nutrition.

WHAT DO GRADUATES GO ON TO DO?
Graduates are prepared for careers examining, evaluating, prescribing, and managing health and fitness for people across their life spans, as well as promoting healthy lifestyle and prevention programs for individuals, organizations, and communities. Students can also continue on to graduate programs in areas such as athletic training, physical therapy, physician assistant studies, occupational therapy, nursing, exercise physiology, and counseling psychology, and to undergo certification processes, including for the National Strength and Conditioning Association – Certified Strength and Conditioning Specialist (CSCS) and the American College of Sport Medicine – Exercise Physiologist Certification (EP-C).
You’ll use both your mind and your muscles as you prepare for a career in health and fitness practice and get ready for success in an ever-growing market. Chatham’s program provides you with a broad-based liberal arts education while you also gain knowledge through hands-on learning and experience in the study of physical movement. Coursework emphasizes methods for optimizing performance, prevention of injury and disease, and prescription of exercises and activity to maximize the rehabilitative effects of exercise.

**PROGRAM HIGHLIGHTS**

- Earn both your Bachelors in Exercise Science and your Master of Science in Athletic Training in only five years through Chatham’s 3+2 MSAT program. Learn more at chatham.edu/athletic-training
- Intimate and engaging classroom and laboratory settings allow you to build relationships among professors and fellow students who share your dedication.
- In the human performance lab, you’ll conduct exercise and performance testing using cutting edge equipment, analyze your findings, and prescribe exercises accordingly.
- Under faculty supervision, start working with real subjects as early as your first year.
- Students have opportunities to conduct research with peers, graduate students, and faculty, and have published and presented at local, regional and national conferences.
- Students interested in applying to Chatham’s Doctor of Physical Therapy program complete all pre-requisite classes while working towards their exercise science degree and have access to an advisor from that program.
- The four-level Athletic and Fitness Center (AFC) features an eight-lane competition swimming pool; three-lane walking track; dance and aerobics studio; whirlpool/sauna/steam room; squash courts; rock-climbing wall; and a newly-updated fitness room containing free weights, circuit strength machines, treadmills, elliptical machines, and bikes. This $18 million facility is also home to an athletic training room complete with a hydrotherapy room and complete line of rehabilitation equipment.
**SAMPLE COURSES**

**Principles of Strength and Conditioning**
Students learn to integrate anatomical and physiological function into a comprehensive strength and conditioning model. Topics include testing, evaluation, exercise techniques, program design, and aerobic endurance training. Students are introduced to facility organization, risk management, and developing a policies and procedure manual.

**Exercise and Nutrition**
This course introduces the student to the science of human nutrition and the relationship between health, exercise and food intake. Basic topics of digestion, absorption, metabolism, interaction and functions of nutrients will be covered. Special topics include optimal nutrition for exercise and sport, energy use during exercise, evaluation of body composition (body fat, muscle mass), development of obesity, weight management, and nutritional factors in planning a successful muscular strength and endurance program.

**Kinesiology - Movement Science**
This course will cover the movement of muscles as well as their function and interaction with other muscles. It will also examine theories, principles, and practical applications in motor control and learning. Attention is given to the physiological and psychological foundations of motor control and learning.

[Chatham.edu/exsci/curriculum.cfm](http://chatham.edu/exsci/curriculum.cfm)

**INTERNSHIPS**
Students immerse themselves in a variety of internships working with a range of populations from pediatrics to elderly and untrained to professional athletes. Past internship sites have included:
- YMCA of Greater Pittsburgh
- Pittsburgh Children's Institute
- Pittsburgh Riverhounds
- Pittsburgh Fit
- St. Clair Hospital Cardiac Rehabilitation
- UPMC Shadyside HELP
- Positive Steps Therapy
- UPMC Shadyside Cardiac Rehabilitation
- Fitness Essentials
- Silverio-Hoffman Fitness
- OSPTA Physical and Hand Therapy
- Chatham University Athletics
- Chatham University Athletic Training

**OUTCOMES**
Recent graduates from the exercise science program have successfully gained employment in the field of exercise science ranging from corporate wellness to facility coordinator positions and personal trainers/strength and conditioning coaches in a variety of settings. Other graduates have continued into advanced health science degree programs including athletic training, physical therapy, physician assistant studies, and medical school.
“We hold our students to very high standards in the exercise science program. Partly because we are preparing them for demanding roles as physicians, therapists, athletic trainers, and exercise scientists, but also because these graduates will contribute to the future health of people, regardless of which career path they choose.”

— EDWARD RYAN, PH.D., assistant professor of exercise science

SPORTS AT CHATHAM
Chatham offers 19 NCAA Division III sports, with most teams participating in the Presidents’ Athletic Conference (PAC):

Women: Basketball, Cross Country, Hockey, Lacrosse, Soccer, Softball, Squash, Swimming & Diving, Track & Field, Volleyball

Men: Baseball, Basketball, Cross Country, Hockey, Lacrosse, Soccer, Squash, Swimming & Diving, Track & Field

LEARN MORE
Chatham University
Office of Admission
Woodland Road
Pittsburgh, PA 15232
800-837-1290 or 412-365-1825
undergraduate@chatham.edu

Read faculty bios, browse course descriptions, and learn about program requirements at chatham.edu/exsci