why you belong here

Does your interest in exercise go beyond the gym, into the physiology, biology, and biomechanics of human movement? Do you believe that your academic and professional development should be as much about helping others as it is about helping yourself? If so, then you belong here.

The goal of the exercise science program at Chatham University is to provide you with a broad-based liberal arts education while you gain valuable knowledge and experience in the study of physical movement and the methods for optimizing the preventive and rehabilitative effects of exercise.

You will immerse yourself in the science of fitness from how organ systems function at the cellular level to enhancing the biomechanical efficiency of the individual. You will use both your mind and your muscles as this program prepares you for a career in health and fitness practice or for continuing on to graduate studies in related areas, such as exercise physiology, physical therapy, physician assistant studies, or medicine.

what you can expect

At Chatham, you can look forward to intimate classroom settings that allow you to build positive relationships among professors and fellow students who share your dedication. You will also be encouraged to make hands-on use of exercise and science equipment, a privilege that larger institutions reserve only for Ph.D. students.

In addition to stimulating courses and valuable internships, you will complete a capstone seminar. This seminar does two things: It integrates the knowledge that you’ve accumulated, and it allows you to channel that knowledge into a discipline-specific project under close faculty guidance.
what you will learn
As an exercise science major, you will come to understand the connections between exercise and biology, chemistry, mathematics, and physics. You will develop high-level skills in first aid, CPR, exercise prescription, and nutrition. Your experience here will prepare you for a career examining, evaluating, prescribing, and managing health and fitness for people across their life span, as well as promoting healthy lifestyles and prevention programs for individuals and communities.

where it will take you
At Chatham, you will have many opportunities to put your knowledge into action through internships that allow you to acquire firsthand work experience. You will gain valuable insight by participating in exercise science practicums in a variety of healthcare and wellness facilities.

After earning your degree, you will be ready to pursue graduate study in physical therapy, medicine, or other health science programs, or to enter professional practice areas in a variety of fields, including exercise physiology, exercise and fitness training, hospital-based and corporate wellness programming, sports medicine, and coaching.

learn more
Read faculty bios, browse course descriptions, and review major requirements at chatham.edu/exsci.

“We hold our students to very high standards in the exercise science program. Partly because we are preparing them for demanding roles as coaches, doctors, and sports scientists, but also because these women will contribute to the future health of all Americans, regardless of which career path they choose.”

Edward Ryan, assistant professor of exercise science

• The [Athletic and Fitness Center](#) (AFC) provides a state-of-the-art environment for exercise science students. The advanced four-level athletic facility 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 fitness and cardiovascular rooms containing treadmills, elliptical machines, bikes, free weights, and circuit strength machines.

• As an exercise science major, you’ll spend many hours in the AFC’s smart classroom. This $18 million athletic facility is also home to an athletic training room complete with a hydrotherapy room and complete line of rehabilitation equipment, which you will be expected to learn and master.