Movement Science

Introduction

The interdisciplinary Movement Science degree offers complete preparation for careers in fitness, personal training, strength training and conditioning, and movement analysis. Students learn the most current techniques and technologies in fitness and fitness assessments, training and conditioning, injury prevention, and physical rehabilitation, developing all the expertise necessary to pass professional certification exams. The degree also provides an excellent foundation for graduate school programs in allied health disciplines such as kinesiology, exercise science, athletic training, sports medicine, physical therapy, occupational therapy, physician assistant, chiropractics, and medical school.

Delaware State's program stands out for its emphasis on laboratory work and service learning. Students get more than 100+ hours of practical experience in the community, developing professional attitudes, skills, and values that translate directly to the workplace. While on campus, they have access to the Exercise Physiology, Movement Analysis, Exercise Physiology and Rehabilitation Research Laboratories, as well as the newly opened, state-of-the-art Wellness and Recreation Center. Students are encouraged to participate as volunteers in clinical environments and to actively engage in research.

Professional Preparation

Movement Science graduates possess a unique set of marketable skills. They are fully prepared to pass the certification exams of the American College of Sports Medicine and the National Strength and Conditioning Association, which provide immediate qualification for employment. Graduates enjoy a wide range of career options in such fields as personal training, health, wellness, and fitness, strength and conditioning, and movement analysis. Movement Science graduates may have an opportunity to engage in research and/or move on to graduate and health professional graduate education.

Faculty

The faculty of the Movement Science program teaches from personal and professional experience. Combining academic expertise with years of professional practice, they offer practical wisdom and insight along with textbook lessons.

Delaware State has a small, intimate program. Instructors develop close relationships with students, offering mentorship, academic guidance, and career advice.

Research and Experience

Movement Science majors gain hundreds of hours of hands-on experience via faculty directed student research projects, course encumbered laboratory practice, service learning, internships, and volunteer experiences. In addition, students gain practical, workplace-ready skills such as exercise testing and prescription, personal training, fitness assessment and program planning, interpersonal communication and teamwork. Students work both on-campus and off, interacting with individuals of many different ages and cultures, skill levels, fitness status, and physical capabilities. The Movement Science Fitness and Biomechanics Assessment program, Lifetime Fitness and Wellness Baseline Health Risk Appraisals, course encumbered service learning opportunities, on campus Early Childhood Learning Lab and Boys and Girls Club of Dover, and Capitol Park Community Fitness Initiative provide numerous opportunities for students to develop and hone best practices in research and practice.

The Movement Science program culminates in a senior capstone project (consisting of a research project, literature review, or internship), which enables students to apply their knowledge in a real-world setting.

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