

Movement Science

The Movement Science major's theoretical and experiential approach enables students to develop the knowledge, skills, and abilities required for careers and graduate education in fitness, wellness, movement science, kinesiology, exercise science, and human performance. In addition, it provides students with the undergraduate degree and courses required for admission to graduate health professional education programs including, but not limited to: physical therapy, occupational therapy, chiropractics, Biomechanics, Exercise Physiology, Exercise Science, Fitness Industry, Health Fitness, Strength & Conditioning, graduate education exercise science, kinesiology, motor behavior, human performance, and athletic training. Regardless of the selected concentration, students are provided with opportunities to shape and practice ethical behaviors relative to fitness and allied health professions. The goal of the experiential component is to provide students with an opportunity to develop “applied skills” and acquire best practices in a service-oriented manner.

The Bachelor of Science degree in Movement Science offers two concentrations: the Health and Exercise Science Concentration and the Pre-Health Professional Concentration. The purpose of the Health and Exercise Science concentration is to provide students with the knowledge, skills, and abilities to work in health and wellness fields as strength and conditioning coaches, fitness instructors, or exercise physiologists. Students may also use the program content to attend graduate schools in those fields. The purpose of the Pre-Health Professional concentration is to provide students with the background and introductory courses required for allied health professions and to be flexible enough to allow students to obtain pre-requisite course work for graduate program admission in allied fields such as physical therapy, athletic training, occupational therapy, or chiropractics. Upon graduation, students are expected to possess the professional knowledge, skills, values, dispositions, and experiences required in allied health professions where under-represented populations are not found in large numbers.

The Movement Science major consists of a combination of classroom lectures, laboratory work, co-curricular activities, service-learning, and community outreach experiences. Students learn the most current technologies and techniques used in the profession and engage in experiential learning via course-embedded laboratory practice, service-learning, internships, and volunteer experiences. The students gain practical, workplace-ready skills, including: health and fitness appraisals, exercise testing and prescription, risk management, interpersonal communication, socio-cultural competency, and teamwork. Students are provided with opportunities to work with individuals of various ages and cultures, skill levels, fitness status, and physical capabilities. Graduates of the Health and Exercise Science Concentration are fully prepared to test for certification exams of the American College of Sports Medicine and the National Strength and Conditioning Association. In addition, students in this track are prepared for admission to graduate programs in Kinesiology and Movement/Exercise Science disciplines, such as Exercise Physiology, Biomechanics, Motor Behavior, and Occupational Therapy. Graduates of the Pre-Health Professional Concentration are prepared to meet admission requirements for Health Professional graduate education including, Physical Therapy, Occupational Therapy, Athletic Training, Rehabilitation Science, and Chiropractics. In addition to obtaining prerequisites typically required by graduate health education programs, graduates of the Pre-Health Professional Concentration gain experience in the use of instrumentation typically used to assess injury, injury mechanisms, proprioception, rehabilitation progress, and performance.

Movement Science students in both concentrations are encouraged to participate in research and publication. While on campus, students have access to the Exercise Physiology, and Movement Analysis Research Laboratories, and the Recreation and Wellness Center.

CONCENTRATIONS

Students who select the Movement Science major may pursue one of two concentrations: Health and Exercise Science or Pre-Health Professional. The Health and Exercise Science concentration provides students with an educational and experiential foundation that incorporates lecture, laboratory, practice, and service learning experiences to prepare them for certification exams administered by the American College of Sports Medicine and National Strength and Conditioning Association.

SENIOR CAPSTONE PROJECT

Movement Science majors are required to complete a senior capstone project. The Movement Science capstone project permits students to select a research project, or internship enabling them to apply their knowledge in a practical real-world setting.

Regardless of the major or concentration, students are required to write an extensive report and to display their work in a final oral presentation.

CAREERS

Graduates with a Health and Exercise Science concentration in Movement Science will have the knowledge, skills, and abilities required for employment in fitness and wellness environments, strength and conditioning centers, and related career environments upon graduation. With this degree, graduates have the skills to work with clients of all ages and fitness levels, including athletes, children, adults, and the elderly. Career options include, but are not limited to:

- Personal Trainer/Health & Fitness Specialist
- Inclusive Fitness Trainer
- Cancer Exercise Trainer
- Physical Activity in Public Health Specialist
- Exercise Test Technologist
- Group Exercise Instructor
- Strength and Conditioning Specialist/Coach
- Health and Fitness Director
- Clinical Researcher
- Laboratory Technician
- Research Assistant
- Movement Analyst
- Research Scientist

In addition, the curriculum prepares students for graduate education in a variety of disciplines including, but not limited to:

- Exercise Physiology
- Biomechanics
- Motor Behavior Kinesiology
- Exercise Science
- Health and Human Performance
- Therapeutic Recreation and a variety of other allied health and exercise professions

The Pre-Health Professional concentration provides students with an educational and experiential foundation that incorporates lecture, laboratory, practice, and service learning experiences to prepare them to meet requirements for admission to Allied Health Professional graduate programs*, including, but not limited to:

- Physical Therapy
- Occupational Therapy
- Doctor of Osteopathy
- Doctor of Chiropractics and a variety of other allied health and exercise professions

* Movement Science graduates who are interested in careers in Athletic Training, Occupational Therapy, Physical Therapy, Chiropractics, or other related allied health professions, must attend professional post-baccalaureate professional schools to obtain the knowledge, skills, abilities, and clinical experiences required to successfully pass examinations required for licensure. Applications for admission to physical therapy programs must be submitted using the Physical Therapy Centralized Applications Service. (www.ptcas.org [1]).

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Links

[1] <http://www.ptcas.org>