University of Jamestown's Bachelor of Science degree in exercise science equips graduates for a variety of careers in exercise physiology, sport science, physical therapy, and more, as well as for further education at the master's or doctorate level. While the study of physiological responses to exercise has been around since the 1890s, exercise science is a relatively new discipline. University of Jamestown's exercise science curriculum follows the guidelines of the American College of Sports Medicine (ACSM), and graduates are eligible to sit for the Health Fitness Specialist Certification Exam.

Program Strengths
As a student majoring in exercise science at University of Jamestown, you will benefit from:

- caring, talented faculty who work one-on-one with students
- an up-to-date curriculum that follows ACSM guidelines
- a wealth of opportunities for hands-on learning integrating the latest technology in the field
- a cross-disciplinary approach providing not only knowledge and skills in your major, but a broad-based education

Course Snapshot
Courses include exercise physiology, exercise prescription and weight management, and exercise management in chronic disease. Courses in biology, business, and psychology round out the major. At University of Jamestown, you'll make connections between all of your courses, ensuring that you receive the best possible education and career preparation.

Doctor of Physical Therapy
If physical therapy as a profession interests you, your undergraduate major in exercise science will be an ideal preparation for the University of Jamestown's DPT program. This three-year program offers a solid curriculum and diverse clinical opportunities. Check with your admissions counselor for details about entry.

Foss Wellness Center
Opened in Fall 2008 and home to the Department of Kinesiology, the Foss Wellness Center provides an outstanding teaching and learning environment for all University of Jamestown students, particularly those involved in exercise science and physical education teacher education. This 12,500 square foot facility includes a fitness center, general exercise room, a biomechanical and motor learning lab, an exercise physiology lab, a technology lab, and...
classrooms. Equipment and tools you’ll use in the Foss Wellness Center include:

**Dartfish Motion Analysis Software:** Analyze technical performances before and after training, and improve your understanding of motor skill acquisition, technique analysis and feedback, and application into sport science and physical education.

**Metabolic Cart & ECG:** Use the top-of-the-line Medgraphics Ultima CPX metabolic cart for breath by breath gas analysis and Cardiac Science wireless ECG monitoring system and treadmill for maximum oxygen consumption testing.

**Anaerobic Power Analysis:** Test your peak anaerobic power using the Peak Bike by Monarck designed for the Wingate Anaerobic Power test.

**iPads and Apps:** Use iPads and a variety of health and fitness apps to increase productivity and apply practices learned in authentic learning experiences.

**Heart Rate Monitors:** Use these monitors to assist in managing exercise sessions for a variety of population groups.

**Accelerometers:** Track and monitor your every move on the FitBIT One accelerometer. This 3D movement analysis devices records the intensity and duration of physical activity, calories burned, steps taken, distance traveled, flight of stairs walked, time taken to fall asleep, the number of times awakened during the night, and your actual sleep time. Track your nutritional intake through an application and upload it all to your own personal website.

**Web 2.0 Sites:** Use a variety of new Web 2.0 sites to do anything from plan and design a fitness center, create a web page, analyze your diet, or create a podcast movie.

**Field Experience**
University of Jamestown exercise science students gain hands-on experience at a variety of facilities, including:

- Foss Wellness Center
- Jamestown Regional Medical Center Cardiopulmonary Rehab
- James River Family Fitness Larson Center
- Athletic Republic/UJ Sports & Speed Enhancement

**Faculty**
Marla Walter, M.S., assistant professor, teaches biomechanics, exercise physiology, methods in aerobic and resistance training, advanced exercise physiology, exercise management in chronic disease, exercise prescription and weight management, senior seminar in exercise science

Chris Mahoney, M.S., assistant professor and department chair, teaches technology integration in health and physical education

Mika Thorlakson, D.C., assistant professor, teaches courses in human anatomy and physiology, biomechanics, motor learning & development, and nutrition

Madeline Ranum, M.S., Instructor, teaches courses in exercise science, and kinesiology.

Cindy Ault, M.S., assistant professor, teaches medical terminology

Gene Crabtree, B.S., B.A., instructor, teaches sports first aid and injury care

Ben Kirkeby, M.A., assistant professor, teaches courses in psychology

Debi Piscitiello, M.A., instructor, teaches human resource management

Mort Sarabakhsh, Ph.D., professor, teaches marketing

Michelle Solensky, Ph.D., associate professor, teaches human anatomy and physiology

Dana Wallace, Ph.D., assistant professor, teaches courses in psychology

"THE BEST PART OF THE EXERCISE SCIENCE PROGRAM AT UNIVERSITY OF JAMESTOWN IS THE OPPORTUNITY TO WORK DIRECTLY AND CLOSELY WITH A CERTIFIED EXERCISE PHYSIOLOGIST AS WELL AS THE REST OF THE DEPARTMENT OF KINESIOLOGY STAFF. THEY HAVE MANY GREAT CONNECTIONS WITH THE COMMUNITY AND GRADUATE SCHOOLS AROUND THE COUNTRY WHICH CAN OPEN UP GREAT OPPORTUNITIES FOR STUDENTS. UPON GRADUATION, I HAD COMPLETED AN INTERNSHIP IN CARDIAC REHABILITATION WITH JAMESTOWN REGIONAL MEDICAL CENTER AND GAINED ACCEPTANCE INTO A STRONG GRADUATE PROGRAM AT UW-LACROSSE. I ATTRIBUTE THIS TO MY PROFESSORS IN THE EXERCISE SCIENCE PROGRAM, THEIR KNOWLEDGE, AND THEIR DEDICATION TO THEIR STUDENTS."

Madeline, 2012 graduate

University of Jamestown does not discriminate on the basis of race, color, national origin, gender, disability, sexual orientation, or other status with respect to which discrimination would be unlawful in its programs and activities.