



HEALTH & EXERCISE SCIENCE

Health & Exercise Science students explore human physiology, movement science, mental health, behavior change, and disease prevention to prescribe exercise and physical activity to achieve optimal health and well-being. Through hands-on learning and a biopsychosocial approach, students develop the skills and confidence to assess and support individuals and communities. Graduates are prepared for careers in fitness, wellness, and sport industries and health professional graduate programs.

HANDS-ON EXPERIENCE

Students gain experiences on and off campus in a variety of professional settings. On-campus students have the opportunity to conduct health and fitness assessments in lab and partner with on campus clients for motivational interviewing, exercise prescription, and nutrition consultation.

Off-campus students are eligible to complete service learning experiences and co-op placements with sports performance centers, fitness centers, food pantries, and clinical settings in athletic training and physical therapy.

PROGRAM CONCENTRATIONS

3+ MS IN ATHLETIC TRAINING:

Students complete the first three years at the Mount, then apply to a CAATE accredited graduate degree program in athletic training.

3+DPT – DOCTOR OF PHYSICAL THERAPY:

Students complete three years of undergraduate coursework before entering the DPT program at the Mount. Students must maintain rigorous academic pre-requisites to qualify. The first eligible application cycle for this pathway will be Fall 2029, with matriculation into the DPT program in Fall 2030.

CLINICAL EXERCISE SCIENCE:

Students prepare for employment in the fitness industry and graduate programs in varied health-related fields.

STRENGTH AND CONDITIONING:

Students design and implement exercise programs to meet individual, group fitness, and athletic performance goals from childhood into retirement.

CAREER POTENTIAL

FITNESS CENTER
EXERCISE
SPECIALIST

STRENGTH AND
CONDITIONING
COACH

HOSPITAL AND
WORKPLACE
WELLNESS
COACH

CLINICAL
RESEARCH

ATHLETIC
TRAINING*

PHYSICAL &
OCCUPATIONAL
THERAPY*

* denotes required admission to graduate program.



SCAN TO FIND:

- Featured courses.
- Program requirements and more!

98.9%

CAREER OUTCOMES RATE

98.9 percent of School of Health Sciences graduates were successfully employed, enrolled in graduate studies, or volunteering within six months of graduation.



MOUNT ST. JOSEPH UNIVERSITY®

SCHOOL OF HEALTH SCIENCES

Office of Admission
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HEALTH & EXERCISE SCIENCE MAJOR - BACHELOR OF SCIENCE



3+2 ATHLETIC TRAINING PROGRAM



3+ DOCTOR OF PHYSICAL THERAPY PROGRAM



CLINICAL EXERCISE CONCENTRATION



STRENGTH & CONDITIONING CONCENTRATION



MOUNT ST. JOSEPH UNIVERSITY®

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The University has designated the Vice President of Compliance Risk and Legal Affairs/General Counsel/Title IX Coordinator, (513) 244-4393, as the individual responsible for responding to inquiries, addressing complaints, and coordinating compliance with its responsibilities under Title IX of the Education Amendments of 1972 and other related federal and state civil rights laws. The University has designated the Chief Human Resources Officer, (513) 244-4979, as the individual responsible for responding to inquiries, issues, or complaints relating to discriminatory, harassing, or retaliatory conduct related to race, color, national origin, religion, age, disability, veteran status or any other legally protected status. The University has designated the Associate Provost for Academic Affairs, (513) 244-4614, as the individual responsible for responding for addressing formal complaints regarding compliance with its responsibilities under Section 504 of the Rehabilitation Act of 1973. 09-WO-003075