

# Bachelor of Science in Exercise Science

Jefferson College of Rehabilitation Sciences

# Presentation Overview

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# Dr. Stephen Thomas, PhD, ATC

DEPARTMENT OF EXERCISE SCIENCE, CHAIR & DIRECTOR



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## PROGRAM DESCRIPTION

Jefferson offers exercise science education as a bachelor of science degree with options for accelerated tracks in our other professional programs (MSAT, DPT, OTD). The exercise science program is designed to provide the knowledge and skills necessary to be successful in a health or fitness career.

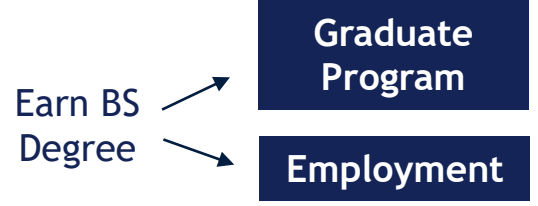
Exercise Science graduates work in a variety of settings that center around improving the health and wellbeing of individuals throughout the lifespan. Common job placements include but are not limited to personal training, strength coach, corporate wellness, exercise physiologist, cardiac rehabilitation, clinical exercise specialist, human performance or sport scientist. Graduates can also gain entry into graduate level programs which include but are not limited to biomechanics, physiology, exercise physiology, athletic training, physical therapy, occupational therapy, physician assistant, or public health. The demand for health and fitness professionals is expected to grow significantly faster than the average occupation over the next 10 years.



# BS in Exercise Sciences

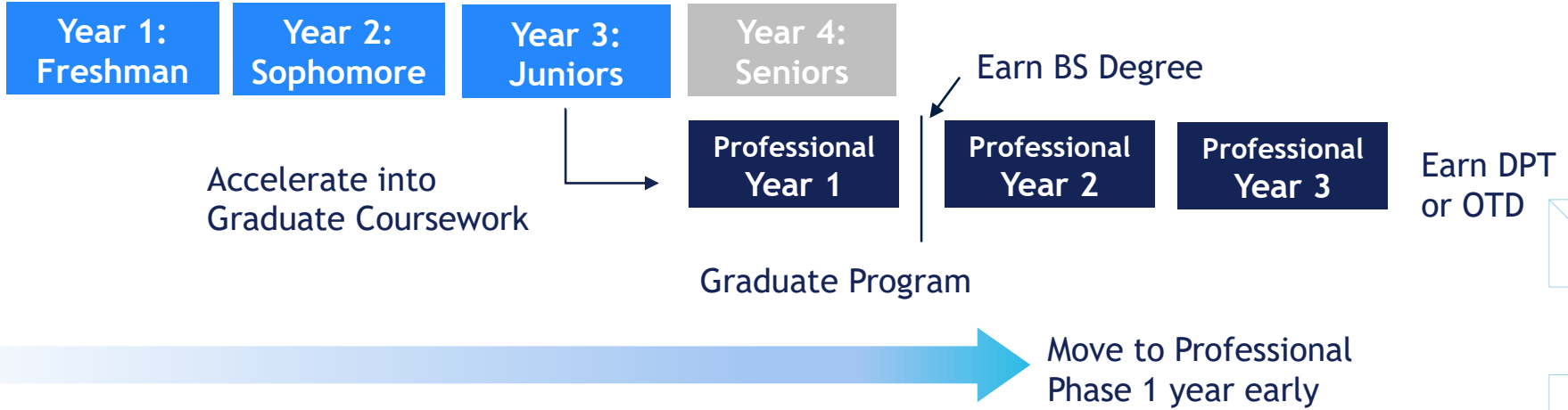
(4-year Program)

Traditional Undergraduate Program



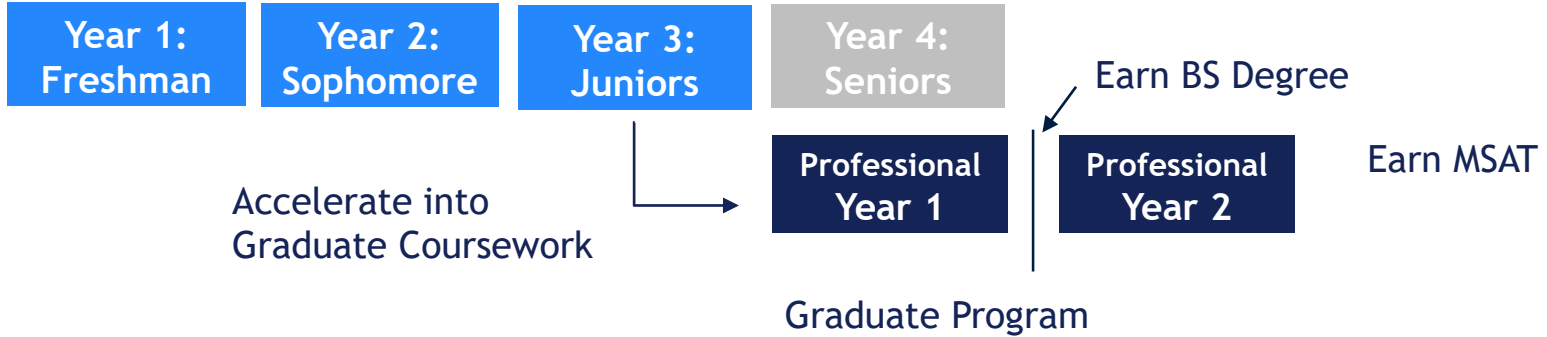
# Accelerated BSES/DPT or OTD (3+3 Program)

## Traditional Undergraduate Program



# Accelerated BSES/MSAT (3+3 Program)

## Traditional Undergraduate Program



Accelerate into Graduate Coursework

Graduate Program

Move to Professional Phase 1 year early

## PLAN OF STUDY

Term	Course Title	Credits
4th Year Spring	Exercise for Special Populations	3
	Elective	3
	Elective	3
	Internship	6
	<b>SEMESTER CREDITS</b>	<b>15</b>
	<b>SEMESTER CREDITS</b>	<b>15</b>
	Anatomy & Physiology II Lecture	3
	<b>SEMESTER CREDITS</b>	<b>17</b>
	Elective	3
	<b>SEMESTER CREDITS</b>	<b>18</b>



# Professional Interview Assignment

## EXSC 110 - Introduction to Exercise Science

**Assignment:** Students will explore the role of exercise in the health professions and wellness practice settings through interaction with a practitioner.

**Outcome:** Through the opportunity to engage with clinical practitioners, students will explore the breadth of practice opportunities as well as begin to develop their professional network.

JOB TITLE

# Fitness & Wellness Coordinator

OUTLOOK

Mid East annual growth rate is 4.3%

Pennsylvania annual growth rate is 5.8%

Expected national growth rate over next decade is 12% and 15.5% in the Mid East region

SALARIES

MAX	\$120,000
MEDIAN	\$81,630
START	\$40,000

- **American College of Sports Medicine**

- The American College of Sports Medicine advances and integrates scientific research to provide educational and practical applications of exercise science and sports medicine.

- **National Strength and Condition Association**

- The NSCA exists to empower a community of professionals to maximize their impact through disseminating evidence-based knowledge and its practical application by offering industry-leading certifications, research journals, career development services, networking opportunities, and continuing education.

- **National Academy of Kinesiology**

- The dual purpose of the Academy of Kinesiology shall be to encourage and promote the study and educational applications of the art and science of human movement and physical activity.

# Samantha Hatzfeld

LEBANON, PA  
CLASS OF 2024



Hi! My name is Samantha Hatzfeld. I'm a current freshman in the 3+3 Exercise Science/DPT Program here at Thomas Jefferson. I knew it was where I wanted to be from my first visit, I was comfortable, and it felt like a great place to spend the next years of my life. With the 3+3 program, I get to study in a neighborhood atmosphere at East Falls, but then get to live in Center City. Being in this program comes with a good amount of work, but it's not too much to handle if you manage your time well. You should be prepared to make some sacrifices with your time, but there's still plenty of room for college life if you are prepared to truly work, and don't procrastinate.

*"Be strong when you are weak, brave when you are scared, and humble when you are victorious." - Michelle Moschetti*

Jefferson is a great place to learn and strive for my dream career. I continue to be so happy with my decision because of the atmosphere, teachers, and people. Academics is important, but so is being comfortable where you are. Make sure what you choose is what you want, what you need, and what will allow you to make the best strides towards where you want to go with your future.

# Dr. Stephen Thomas

DEPARTMENT OF EXERCISE SCIENCE, ASSOCIATE  
PROFESSOR, CHAIR, DIRECTOR

BS IN ATHLETIC TRAINING FROM TEMPLE UNIVERSITY  
MEd IN ATHLETIC TRAINING FROM TEMPLE UNIVERSITY  
PhD IN BIOMECHANICS FROM UNIVERSITY OF DELAWARE  
POSTDOC IN BIOENGINEERING FROM UNIVERSITY OF  
PENNSYLVANIA

Dr. Thomas's research interest focuses on identifying the underlying mechanisms surrounding biomechanical, neuromuscular, and tissue adaptations due to overuse as seen in the shoulder of baseball players

## COURSES

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- EXSC-110 - INTRO TO EXERCISE SCIENCE
- EXSC-301- BIOMECHANICS/KINESIOLOGY
- EXSC-210 - DEVELOPING THE INTERPROFESSIONAL TEAM





**Jefferson**

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