



EXERCISE SCIENCE FOR HEALTH PROFESSIONS



University of Findlay

Program Overview

Exercise science is all about helping people live healthier, stronger lives. At the University of Findlay, our Exercise Science for Health Professions program prepares you to make a real difference - whether you're interested in physical therapy, occupational therapy, athletic training, physician assistant studies, or any other healthcare career.

Our program gives you a strong foundation in the sciences – anatomy and physiology, biology, chemistry, physics, and mathematics – while also keeping the focus on people. You'll gain the knowledge and hands-on skills needed to succeed in graduate school and thrive in today's fast-growing healthcare fields. With multiple pathways available, you'll graduate ready to take the next step toward your professional goals.

Program Highlights

Variety of Electives - Tailor your degree to your passions. Choose from elective courses in exercise prescription and training theory, motor learning, nutrition, cardiovascular electrophysiology, or exercise research to match your career goals.

Early Assurance - Secure your spot early! This program is the early assurance pathway for Findlay's Doctor of Physical Therapy program, giving you a clear path forward.

"3+" Programs - Fast-track your future.

In just three years at Findlay, you can begin advanced study in either:

- The Doctor of Physical Therapy program at UF, or
- The Master of Athletic Training program at Heidelberg University (through a special partnership).

Experiential Learning - Learn by doing. From biomechanics and exercise physiology labs to strength & conditioning, you'll gain hands-on experience in the classroom. Plus, with fieldwork, shadowing, and practicum opportunities, you'll apply your knowledge in real-world settings long before graduation.

WHY EXERCISE SCIENCE?

Turn your passion for health into a purpose. Our program is your launchpad to graduate school and careers in physical therapy, occupational therapy, physician assistant studies, athletic training, and beyond. Start here and change lives for a lifetime.

ABOUT OUR FACULTY

Our faculty bring years of experience as trainers, coaches, and clinicians into the classroom, connecting theory to real-world practice. You'll benefit from their professional insight, mentorship, and passion for preparing the next generation of healthcare leaders.

WHERE DO WE GO FROM HERE?

Graduate Study:

- Physical Therapy • Physician Assistant
- Occupational Therapy • Chiropractic
- Medical • Dietetics • Athletic Training

Career Paths:

- Medical Sales • Exercise Equipment Sales
- Sports Coaching • Corporate Fitness Manager
- Personal Trainer • Facility Owner/Manager

18:1

Student-to-instructor ratio for personalized support and mentoring

83%

of graduates continue on to graduate programs in the health professions

Hands-On

Labs, fieldwork, and shadowing prepare you for real-world healthcare careers

SAMPLE CURRICULUM

Year 1

Fall Semester

CHEM 111	Basic Chemistry I (C1)	3 hrs
CHEM 111L	Basic Chemistry I Lab	1 hr
ANHS 150	Intro to Health Professions (U2)	1 hr
ENGL 104	College Writing I	3 hrs
MATH 110	Intermediate Math	3 hrs
ANHS 100	Wellness: Strategies for Life (U2)	3 hrs
CSCI 190	Digital Literacy for the Sciences (O3)	3 hrs

Spring Semester

CHEM 130	General Chemistry I	3 hrs
CHEM 131L	General Chemistry I Lab	1 hr
PSYC 100	General Psychology (C3)	3 hrs
SCON 101	Introduction to Exercise Technique+	1 hr
MATH 138	College Algebra (C2)	4 hrs
ENGL 106	College Writing II	3 hrs
ANHS 205	First Aid and Care of Athletic Injuries+	2 hrs

Year 2

Fall Semester

CHEM 131	General Chemistry II	3 hrs
CHEM 131L	General Chemistry Lab II	1 hr
BIOL 222	Anatomy & Physiology I	3 hrs
BIOL 222L	Anatomy & Physiology I Lab	1 hr
BLMC 156	American Sign Language I (R1)	3 hrs
PSYC 208	Lifespan Development*	3 hrs
RELI 101	Introduction to Religion (E1)	3 hrs

Spring Semester

BIOL 223	Anatomy & Physiology II	3 hrs
BIOL 223L	Anatomy & Physiology II Lab	1 hr
MATH 139/140/141	Trigonometry/Pre-Calculus/Calculus	3-4 hrs
ENGL 282	Writing for the Sciences (O2)	3 hrs
SCON 210	Principles of Personal Training*+	4 hrs
MATH 123	Elementary Statistics	3 hrs

Year 3

Fall Semester

PHYS 250	General Physics I (E3)	3 hrs
PHYS 250L	General Physics I Lab	1 hr
SCON 341	Structural Anatomy	3 hrs
ANHS 308	Physiology of Exercise	3 hrs
BIOL 100	Integrated Approach to the Sciences (R2)	3 hrs
COMM 216	Interpersonal Communication (R3)	3 hrs

Spring Semester

PHYS 251	General Physics II	3 hrs
PHYS 251L	General Physics II Lab	1 hr
ANHS 336	Biomechanics	3 hrs
SCON 361	Exercise Prescription for Special Populations	3 hrs
ART 100	Art Appreciation (E2)	3 hrs
THEA 190	Acting for Healthcare Simulation (O1)	3 hrs

Year 4

Fall Semester

ANHS 484/485	Research/Experiential Learning in Health & Human Performance(U1)+	3 hrs
SCON 360	Foundations of Strength & Conditioning*+	3 hrs
BIOL 251	Biology I: Introduction to Cell and Molecular Biology*	3 hrs
BIOL 251L	Biology I: Introduction to Cell and Molecular Biology Lab*	1 hr
ANHS 210	Human Nutrition*+	3 hrs
PSYC 362	Brain and Behavior	3 hrs

Spring Semester

ANHS 450	Sports Nutrition*+	3 hrs
ANHS 495	Applied Cardiovascular Electrophysiology*	3 hrs
ANHS 200	Perceptual Motor Development & Learning*+	3 hrs
ANHS 465	Practicum in Cardiac Rehabilitation*	2 hrs
ANHS 325	Research Methods in Health & Human Performance*	3 hrs
PSYC 309	Health Psychology	3 hrs

+ indicates courses for the Strength & Conditioning Minor.

* indicates an Exercise Science Major elective.

Disclaimer: The plan outlined above is a suggested course sequence. It may be adjusted based on prior college credit or transfer coursework earned before enrollment.



"A strong foundation."

"The Exercise Science for Health Professions program gave me a strong foundation for DPT school, with topics that still come up in my classes today. The professors, Dr. Born and Dr. Welte, made learning engaging and connected coursework to the profession, which confirmed my passion for health science."

– Sami Klingler



University of Findlay

OFFICE OF ADMISSIONS

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APPLY