



MERRIMACK COLLEGE

SCHOOL OF HEALTH SCIENCES

EXERCISE SCIENCE



The Exercise Science major provides students with a strong evidence-based education in the application of physical activity, prescriptive exercise, and behavioral interventions for the prevention and treatment of chronic health conditions. Students acquire knowledge and develop practical skills to provide primary and secondary prevention and rehabilitative strategies designed to manage health risk and enhance quality of life for apparently healthy individuals and persons with medically controlled diseases and health conditions.

ENGAGING COURSEWORK

A dynamic curriculum builds strong practical knowledge from introductory classes to specialized coursework.

The curriculum includes core exercise science courses and a combination of courses in health science, chemistry, and physics.

A selection of program coursework includes:

- HSC1122 Anatomy & Physiology I (STEM)
- SME1200 Acute & Emergency Care
- SME1304 Care & Prevention of Athletic Injuries
- SME3311 Exercise Physiology

REWARDING CAREER PATHS

Exercise Science majors are academically prepared for graduate study in Physical Therapy, Occupational Therapy, Nursing, and Physician Assistant programs, as well as public health and biomedical sciences. Graduates are also prepared to work in a variety of settings, including health promotion, strength and conditioning, and personal training and fitness. The program also boasts high success for placing students into prominent graduate programs in Physical Therapy, Exercise Physiology, Biomechanics, and many other related fields of study.

PROGRAM HIGHLIGHTS

Active Science

Funded by a \$1.05 million grant from the prestigious Robert Wood Johnson Foundation, the program combines gaming technology, physical activity, and traditional science education—resulting in a high-impact learning experience. In partnership with the Merrimack Valley YMCA, the grant is helping increase physical activity levels and science achievement among school-age children.

Experiential Learning

Merrimack offers a number of opportunities for experiential learning including internships, co-op placement, independent research, service learning, and seminar. Participation of all students in one or more of these experiences is required as a capstone experience. Many graduate health care programs require such direct clinical or research experience for admission.

.....

QUESTIONS?

Contact **Kevin Finn, Department Chair and Associate Professor**, at:

- finnk@merrimack.edu
- (978) 837-3443