

# ○ *Physiology of Exercise*

School of Applied Health Sciences and Wellness



- *Gain practical experience at community-based fitness centers within the University and/or in the surrounding community*
- *Gain research experience in the areas of childhood obesity, metabolism, athletic performance, neuromuscular responses to exercise and other project areas*

Bachelor of Science in Exercise Physiology is the study of how the body responds to the stress of exercise, a field that requires an understanding of the basic sciences such as anatomy and physiology, as well as the applied exercise sciences. Exercise physiologists test and evaluate physical fitness levels and develop appropriate exercise programs for a wide variety of populations, serving clinical, athletic and apparently healthy populations.

Successful completion of this program leads to a Bachelor of Science in Physiology of Exercise. Common careers for those with a bachelor's degree include cardiac rehabilitation, community and corporate fitness, and strength and conditioning of athletes. Graduates of the program are eligible to attend graduate school where they can study exercise physiology, physical therapy, occupational therapy, physician's assistant, medical and other health-related programs.

where everything connects



**OHIO**  
UNIVERSITY

College of Health Sciences and Professions

To learn more about this and other programs, contact the School of Applied Health Sciences and Wellness

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