



EXERCISE PHYSIOLOGY MAJOR

A major in Exercise Physiology prepares you for a career as an exercise instructor, personal trainer, cardiopulmonary rehabilitation professional, strength and conditioning specialist or for management in the health and fitness industry. This major also provides a great foundation for graduate and professional education in such fields as physical therapy, medicine, physician assistant studies, occupational therapy, nursing, pharmacy, exercise physiology, anatomy and kinesiology.

Freshman Year

Emergency Care, CPR and AED Introduction to Exercise Science

General Biology 1
General Chemistry 1
MCC Foundations in Rhetoric
MCC Foundations in Theology

Sophomore Year

Principles of Human Physiology Kinesiology/Biomechanics

General Psychology or Elective
MCC Foundations in Methods of Inquiry
Statistics

Junior Year

Nutrition and Exercise Performance Exercise Testing and Prescription Exercise Physiology Practicum 1 EXPH Elective – Applied

MCC Discovery - Social Sciences
General Elective or *Physics 1 (DPT or MATR track)*

Senior Year

Administration in Exercise Science Clinical Exercise Physiology for Special Populations EXPH Electives – Theory

Medical Ethics
General Elective
MCC Culminating Course

Functional Anatomy of Exercise Personal Health and Wellness Principles of Human Anatomy

General Chemistry 2
MCC Foundations in Philosophy
MCC Engaging Social Systems and Values
Introduction to Physical Therapy (DPT or MATR track)

Professional Development in Exercise Physiology Exercise Physiology Scientific Principles of Strength and Conditioning

General Elective
MCC Discovery – Humanities
MCC Discovery – Natural Science and Math

Clinical Exercise Physiology Health Behavior EXPH Elective – Theory EXPH Elective – Applied

General Elective or *Physics 2 (DPT Track)*
MCC Discovery - Elective

Exercise Physiology Practicum 2 (16 weeks)

MCC = Marquette Core Curriculum (required of all MU students)

Exercise Physiology with Physical Therapy or Athletic Training at Marquette University

The health, wellness, and fitness focus of the Exercise Physiology is a great foundation for those students interested in pursuing advanced degrees in Physical Therapy or Athletic Training. High school seniors can apply for **direct admission** to the Doctor of Physical Therapy or the Master of Athletic Training programs as incoming freshmen. Students accepted to the direct admit Doctor of Physical Therapy track begin their physical therapy studies in their senior year at Marquette and complete both their B.S. and D.P.T. degrees in a total of 6 years. Students accepted to the direct-admit Master of Athletic Training program begin their athletic training studies in the summer before their senior year and complete both their B.S. and M.A.T.R. degrees in a total of 5 years.

How to apply for the direct-admit DPT or MATR programs at MU:

1. In the "Special admission programs" on your freshman application, answer "Yes" to your program of interest in the "Member Questions" section.
2. You will then be prompted to submit an additional essay that answers the question, "Why are you interested in [physical therapy or athletic training] as a profession, and what experiences have led you to this interest?"