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
- 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)

**Sophomore Year**
- Principles of Human Physiology
- Kinesiology/Biomechanics
- General Psychology
- MCC Foundations in Methods of Inquiry
- Statistics
- Equity, Diversity and Inclusion in Exercise Physiology
- Exercise Physiology
- Scientific Principles of Strength and Conditioning
- General Biology 2
- MCC Discovery – Humanities
- MCC Discovery – Natural Science and Math

**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)
- Clinical Exercise Physiology
- Professional Practice
- Health Behavior
- EXPH Elective – Theory
- EXPH Elective – Applied
- General Elective or Physics 2 (DPT Track)
- MCC Discovery - Elective

**Senior Year**
- Administration in Exercise Science
- Clinical Exercise Physiology for Special Populations
- EXPH Electives – Theory
- Medical Ethics
- General Elective
- MCC Culminating Course
- Exercise Physiology Practicum 2 (16 weeks)

**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?”