

Exercise Physiology

UNDERGRADUATE MAJOR

A major in **Exercise Physiology (EXPH)** 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 athletic training, physical therapy, occupational therapy, exercise physiology, anatomy, kinesiology, sport and data analytics and more.

Key Features of the EXPH major

- **Hit the ground running:** take EXPH courses starting your first semester at MU.
- **Advanced electives** EXPH electives allow you to select courses that match your interests and long-term goals.
- **Participate in research:** whether you pursue independent study with a faculty member or participate in the Summer Research or EXPH Disciplinary Honors Programs, there are great opportunities to get involved in cutting-edge research.
- **Integrated clinical experiences:** EXPH majors apply their knowledge in a real-world setting starting fall of junior year with a local part-time clinical experience. This is followed by a full-time clinical in spring of senior year.
- **Variety of clinical placements:** from professional sports teams to cutting edge physiology research centers, students in the EXPH program are routinely offered placements in high quality clinical experiences.
- **Direct-Admit major for Athletic Training:** EXPH is the only undergraduate major for the Master of Athletic Training program,
- **Direct-Admit major for Physical Therapy:** EXPH is the major of choice for approximately 70% of the students interested in the Doctor of Physical Therapy program at MU.

See reverse side for a typical 4-year curriculum plan



Why EXPH at MU?

- **Accelerated pathways** for athletic training, physical therapy and occupational therapy save a year to degree completion.
- **State-of-the-art facilities** of the Athletic and Human Performance Research Center (AHPRC) and teaching laboratories for biomechanics, strength and conditioning and human physiology allow students to experience current practices and trends.
- **Accreditation:** the Program in Exercise Science is one of fewer than 100 exercise science programs in the country accredited by the Commission on Accreditation of Allied Health Education Programs.

For more information,
scan the QR code or visit:

Marquette.edu/exercise-science



MARQUETTE
UNIVERSITY

College of Health Sciences

Exercise Physiology

Typical 4-year Curriculum

Freshman Year	
<i>FALL SEMESTER</i>	<i>SPRING SEMESTER</i>
Introduction to Exercise Science	Functional Anatomy of Exercise
Emergency Care, CPR and AED	Personal Health and Fitness
General Biology 1	Principles of Human Anatomy
General Chemistry 1	General Chemistry 2
MCC Foundations in Rhetoric	MCC Foundations in Philosophy
MCC Foundations in Theology	MCC Engaging Social Systems and Values 1
	Optional: 1 cr. Intro course for PT, AT, or OT
Sophomore Year	
<i>FALL SEMESTER</i>	<i>SPRING SEMESTER</i>
Principles of Human Physiology and Lab	Equity, Diversity and Inclusion in EXPH
Kinesiology/Biomechanics	Exercise Physiology and Lab
MCC Foundations in Methods of Inquiry	Scientific Principles of Strength & Conditioning
Statistics	Medical Ethics
MCC Discovery – Humanities/WRIT	MCC Discovery – Natural Science and Math
General Elective (PSYC 1001 for PT/AT/OT)	General Elective (2 nd PSYC for PT/OT)
Junior Year	
<i>FALL SEMESTER</i>	<i>SPRING SEMESTER</i>
Nutrition and Exercise Performance	Clinical Exercise Physiology
Exercise Testing and Prescription	Professional Practice
Exercise Physiology Practicum 1	Health Behavior
EXPH Elective - Applied	EXPH Elective - Theory
MCC Discovery – Social Sciences	MCC Discovery – Elective/ESSV2
General Elective (PHYS 1001 for PT/AT)	General Elective (PHYS 1002 for PT)
Senior Year*	
<i>FALL SEMESTER</i>	<i>SPRING SEMESTER</i>
Administration in Exercise Science	Exercise Physiology Practicum 2 (16 weeks)
Clinical Ex. Physiology for Special Populations	
EXPH Elective - Theory	
MCC Culminating	
General Elective	
<small>Major requirement courses denoted in blue; MCC = Marquette Core Curriculum (required of all MU students) * Denotes courses typically required as prerequisites to medical/dental/health professional schools</small>	

*EXPH Majors entering the AT, PT, or OT professional programs in their senior year complete the MCC Culminating course in junior year. All other EXPH senior year requirements will be fulfilled with courses taken within the professional program.

