

Clinical Exercise Physiology

FRESHMAN YEAR

Fall Semester

17 Credits

ENGL 1100	Writing I.....(3)
BIOL 1200	Anatomy & Physiology I.....(4)
BIOL 1800	General Biology I.....(4)
EXSS 1011	Introduction to Exercise Science.....(3)
	Free Elective.....(3)

Spring Semester

16 Credits

ENGL 1200	Writing II.....(3)
BIOL 1300	Anatomy & Physiology II.....(4)
PSY 1100	Introduction to Psychological Science.....(3)
MATH 1700	Applied Statistics.....(3)
	LA&S Elective.....(3)

JUNIOR YEAR

Fall Semester

15 Credits

EXSS 3120	Scientific Foundations of Strength Training and Conditioning.....(3)
EXSS 2300 OR EXSS 3000 EXSS 4200	Sports Nutrition OR Applied Nutrition.....(3) Professional & Career Development.....(3) LA&S Option Course.....(3) Free Elective.....(3)

Spring Semester

13 Credits

EXSS 3450	Exercise Testing and Prescription.....(4)
EXSS 4045	Cardiovascular and Electrophysiology.....(3)
	LA&S Option Course.....(3)
	Free Elective.....(3)

SOPHOMORE YEAR

Fall Semester

17 Credits

EXSS 2050	Functional Anatomy.....(3)
CHEM 1300	General Chemistry I.....(4)
EXSS 2065	Introduction to Research in Exercise Science.....(3)
EXSS 2071	Exercise Physiology I.....(4)
	LA&S Elective.....(3)

Spring Semester

16 Credits

EXSS 2072	Exercise Physiology II.....(4)
EXSS 2400	Health Promotion.....(3)
	LA&S Elective.....(3)
	LA&S Elective.....(3)
	LA&S Elective.....(3)

SENIOR YEAR

Fall Semester

14 Credits

EXSS 3600	Exercise Response and Adaptations in Special Populations.....(3)
EXSS 4005	Biomechanics & Motor Control of Human Movement.....(4)
	LA&S Option Course.....(3)
	Free Elective.....(3)
	Free Elective.....(1)

Spring Semester

12 Credits

EXSS 4950	Internship.....(6)
EXSS 4040	Fitness Management.....(3)
	LA&S Option Course.....(3)

LA&S Elective List

- 1 AOM attribute (Art or Music)
- 1 ART attribute (the Arts)
- 1 CTW attribute (Citizenship & The World)
- 1 HIST subject (History)
- 1 LIT attribute (Literature)

Advanced LA&S Options Area

Review the three options with your advisor and submit your decision to the Registrar's Office by completion of 60 credits.

Global Diversity Area

Two courses taken must meet the Global Diversity requirement: GDAN course + (GDC or GDCN course) OR GDCN course + (GDA or GDAN course). These courses are allowed to satisfy this requirement and another requirement at the same time.

Completion of 120 credits required for graduation.

Rev. 06-2020

CLINICAL EXERCISE PHYSIOLOGY

Information Sheet



Program Summary

Fitchburg State's Exercise and Sports Science programs prepare graduates for professional careers as well as advanced graduate studies in a variety of fields. Clinical Exercise Physiology is an ideal pathway to many clinical careers, including:

- Physician Assistant*
 - Physical Therapy*
 - Occupational Therapy
 - Cardiac Rehabilitation
 - Clinical Exercise Testing
 - Athletic Training*
 - Nursing
- *denotes specific advisement tracks



The faculty is diverse in their content expertise and experiences. We disseminate knowledge through a variety of high impact teaching strategies that include writing intensive projects, class presentations, collaborative assignments and projects, and laboratory work. Every student in Exercise and Sports Science finishes their academic career in a service learning experience in the form of an internship. Students explore issues and analyze evidence through “hands-on” experience that are conducted through the department’s exercise physiology and functional anatomy laboratories, the Landry Strength and Conditioning Center, and the Recreation Center.

Sample Employers

- Brigham and Women’s Hospital (Registered Nurse)
- Mt. Auburn Hospital (Exercise Physiologist)
- Nashoba Valley Medical Center (Physical Therapist)
- Convenient MD (Physician Assistant)
- Heywood Hospital (Physician Assistant and Exercise Physiologist)
- Reliant Medical Group (Physician Assistant)
- St. Vincent’s Hospital (Physical Therapist)
- Perkins School (Occupational Therapist)
- Genesis Rehab Services (Occupational Therapist)
- Blackstone Valley Physical Therapy
- South Shore Orthopedics (Athletic Trainer)
- Holt Physical Therapy (Athletic Trainer)

Representative Internship Sites

- Health Alliance Hospital-Leominster
- Physical Therapy (PT) Plus
- Heywood Hospital Cardiac Rehab
- Spaulding Rehabilitation Hospital
- The Groton School
- Pro Sports Therapy
- Emerson Hospital



ALUMNI HIGHLIGHT

“The Exercise and Sports Science department at Fitchburg State offers state-of-the-art equipment and labs that are unmatched. The program was wonderful and I would recommend it to any student wishing to pursue a career in Physical Therapy. My internship experience was probably one of the most important puzzle pieces of my educational career. I learned everything I needed to solidify that entering the field of PT was what I wanted to do. I felt very prepared transitioning into a full time DPT program after graduating from Fitchburg.”



— Haley Stack, '15, Physical Therapist

