

QUICK FACTS

HEALTH &  
EXERCISE SCIENCES



SCHOOL OF HEALTH SCIENCES & EDUCATION

Seek depth and breadth in your studies through the programs in the School of Health Sciences and Education. Discover connections across a wide range of endeavors. Pursue a variety of career options and prepare for a life that matters.

Get a solid foundation in the liberal arts and sciences along with professional preparation. Enter medical school, teach abroad, or start a non-profit.

Make the world a better place.

*[healthscienceseducation.truman.edu](http://healthscienceseducation.truman.edu)*

TRUMAN STATE UNIVERSITY



DON'T FOLLOW.

*Pursue.*

# DEPARTMENT OF HEALTH & EXERCISE SCIENCES

## Impact Lives by Impacting Health

Pursue a Bachelor of Science degree in Exercise Science (ES) or Health Science (HLTH) or a Master of Athletic Training (MAT).

Students in these degree programs take nationally prominent certification exams specific to their program. Passing one of these exams provides students with a highly respected credential:

- Certified Exercise Physiologist (ES)
- Certified Health Education Specialist (HLTH)
- Board of Certification (MAT)

Your undergraduate coursework will be flexible. Choose from a variety of minors, both interdisciplinary and discipline-specific, and other transformative learning opportunities.

Prepare for a life that matters.

[HES.TRUMAN.EDU](http://HES.TRUMAN.EDU)



"Engaging in research opportunities brings classroom learning to life. In the HES department at Truman, we are fortunate to have faculty who encourage such experiences and work with us to make the most of them. As a freshman I never imagined myself presenting research at a national conference, but thanks to Dr. Mayhew's mentorship I've done so twice!"

**Jennifer Hill, Class of 2015**  
**Pursued at Truman: Exercise Science**  
**Planning to pursue: Graduate school for physical therapy at Des Moines University**  
**Hometown: Quincy, Illinois**

### PURSUING HEALTH & EXERCISE SCIENCES

**BS** Exercise Science & Health Sciences  
DEGREE OFFERED

**MAT** Athletic Training  
DEGREE OFFERED

**703** approximate number of students pursuing one of these majors

**100%** of majors do an internship or practicum

**18** full-time faculty members | **4** part-time faculty members

**72%** of full-time faculty members have a terminal degree in their field

DEPARTMENTAL STUDENT ORGANIZATIONS  
 Phi Epsilon Kappa, Pre-Physical Therapy/  
 Occupational Therapy Club, and the Student Public Health Association

## Faculty

- HES faculty are diverse; they come from many different areas, they attended an array of public and private undergraduate institutions, and their doctorates were received from some of the most prominent research universities across the United States.
- Faculty members also serve the Northeast Missouri area through numerous student-based partnerships. Partnering organizations include:
  - Adair County Family YMCA
  - Kirksville Parks and Recreation
  - Kirksville Schools
  - Missouri Partners in Prevention
  - Preferred Family Healthcare

## Curriculum

- **A unique experience:** Students take Human Anatomy with a twice-a-week cadaver lab, located at A.T. Still University (the local medical school). Only 4% of undergraduate programs in the nation offer cadaver-based anatomy.

## Research

- Participate in numerous research opportunities that exist both on-campus with a Truman faculty member and off-campus, available during the academic year and throughout the summer.
- Work with a wide range of community members, from children to elders, to increase quality of life for Missouri residents.
- Present research at a professional conference across the United States and/or internationally.

## Study Abroad

- Truman grants you access to over 500 study abroad opportunities in more than 60 countries.
- Study abroad in countries such as Australia, Costa Rica, England, Germany, Ireland, Italy, and Spain.
- Monetary assistance is available, including Truman State University Foundation Scholarships.
- Cultural loans are available for all programs.

## Facilities

- Learn about human motion, muscle activity and investigate neural contributions to movement control and motor learning using cutting edge technology in our state-of-the-art Piper Movement Analysis Laboratory.
- Measure all aspects of human exercise function working in the Human Performance Laboratory.
- Work with Truman's 20 NCAA Division II sports teams under the supervision of the five preceptors in our two athletic training clinics.



"Research along with possible service learning experiences develops skills students might not otherwise attain."  
**Dr. Janice Clark**  
**Professor of Health Science**

## Accreditation

- The Athletic Training program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE).
- The Health Science program is approved by the Society of Public Health Education – American Association for Health Education Baccalaureate Approval Committee (SABPAC).

## After the Degree

- Take advantage of the articulation agreements with prominent physical and occupational therapy, optometry and chiropractic graduate programs. These agreements provide HES students special advantages in the admission process. Articulating schools include:
  - Arizona School of Health Sciences
  - Creighton University
  - Rockhurst University
  - Washington University in Saint Louis
- Approximately 75% of incoming Exercise Science majors identify physical therapy as their occupation of choice, and approximately 80% of those who apply to graduate programs in physical therapy gain admission.
- **Top 5 HES medical/dental schools:**
  - A.T. Still University
  - Des Moines University
  - Kansas City University of Medicine and Biomedical Sciences
  - University of Missouri (Columbia)
  - University of Missouri (Kansas City)
- **Top 5 Physical Therapy/Occupational Therapy schools:**
  - A.T. Still University
  - Creighton University
  - St. Louis University
  - University of Missouri (Columbia)
  - Washington University in St. Louis
- **Top 5 "general" graduate schools:**
  - Southern Illinois University (Carbondale)
  - St. Louis University
  - University of Iowa
  - University of Missouri (Columbia)
  - Washington University in St. Louis
- **Top 5 employers:**
  - Cerner
  - City/County Governments
  - Peace Corps
  - State of Missouri
  - YMCA