

COURSES:

HEALTH AND EXERCISE SCIENCE MAJOR:

12 courses, including:

- HES 1004 Introduction to Exercise Science
- HES 2024 Public Health
- HES 2094 Anatomy and Physiology I (or BIO 2014)
- HES 2104 Anatomy and Physiology II (or BIO 2104)
- HES 3014 Physiology of Exercise
- HES 3054 Biomechanics
- HES 3204 Nutrition and Energy Balance
- HES 4444 Senior Seminar/Capstone

4 elective courses

HEALTH AND EXERCISE SCIENCE MINOR

7 courses, including:

- HES 1004 Introduction to Health and Exercise Science
- HES 2094 Anatomy and Physiology I (or BIO 2014)
- HES 3014 Physiology of Exercise
- HES 3054 Biomechanics
- HES 3204 Nutrition and Energy Balance

2 elective courses

FACULTY

Kirk Abraham, Natural Sciences and Mathematics

Division Chair

Professor of Health and Exercise Science

kabraham@transy.edu

JJ Wallace

Associate Professor of Health and Exercise Science

Program Director

jwallace@transy.edu

Sharon Brown

Professor of Health and Exercise Science

sbrown@transy.edu

Brantley Ballenger

Associate Professor of Health and Exercise Science

bballenger@transy.edu

TRANSYLVANIA
UNIVERSITY

Trevor Moffitt, Assistant
Professor of Health and Exercise
Science
tmoffitt@transy.edu

Office of Admissions



TRANSYLVANIA
UNIVERSITY

**HEALTH AND
EXERCISE SCIENCE**

ABOUT THE MAJOR:

With a foundation in the liberal arts, Transylvania's health and exercise science program offers a dynamic curriculum focused on scientific approaches to human health. Faculty expertise in physiology, nutrition, biomechanics and public health allows students to examine a variety of topics relevant to exercise and wellness. Transy's location in the heart of Lexington enables majors to apply concepts learned in class to practical experiences in off-campus internships. Additionally, students can complete summer research projects under the direction of a professor and earn credit while traveling abroad during May term. The interdisciplinary nature of the health and exercise science major provides students with a diverse range of postgraduate opportunities.

Health and exercise science majors at Transylvania also benefit from the Clive M. Beck Athletic and Recreation Center, a 97,000-square-foot, state-of-the-art facility that accommodates varsity sports, intramurals, fitness activities and recreation. While the center was designed for all Transylvania students, it fills the curricular needs of the health and exercise science program, offering three classrooms and a teaching and research lab.

WHERE OUR GRADUATES HAVE STUDIED:

Columbia University
Emory University
George Washington University
University of North Carolina
University of Cincinnati
Vanderbilt University
Washington University in St. Louis

POSITIONS OUR GRADUATES HAVE HELD:

Physical therapist
Occupational therapist
Physician
Physician assistant
Public health professional
Nurse
Dietitian
College professor/coach
Athletic trainer
Chiropractor

INTERNSHIPS STUDENTS HAVE COMPLETED:

Shriners Hospitals for Children
Lexington Clinic
University of Kentucky HealthCare
Physical therapy clinics
Occupational therapy clinics

COURSES OF SPECIAL INTEREST:

Anatomy and Physiology
Nutrition and Energy Balance
Physiology of Exercise
Public Health
Health Promotion
Biomechanics
Injuries and Rehabilitation
Women's Health
The Life of a Muscle



"Transylvania improved my quality of life. And now it is my goal and professional responsibility to give back to the community by improving the quality of life for my patients."

Haley Riney '07, physical therapist