



Health and Exercise Science FAQs

1. What can I do with a degree in exercise science if I don't want to go to PT school?

Many of our students hope to attend grad school for occupational therapy, graduate nursing, osteopathic medicine, occupational therapy, chiropractic care, and athletic training. However, students with a Bachelor of Science can work as strength and conditioning coaches, performance coaches, cardiac/pulmonary rehab specialists in hospitals, and in a variety of careers in preventative healthcare, rehab science, and sports performance.

2. What is public health?

Public health works to track disease outbreaks, prevent harm and shed light on why some of us are more likely to suffer from poor health than others. The many facets of public health include preventing and containing contagious diseases, advocacy for legislation and policies that promote good health, providing education to individuals and communities on ways of improving health, and developing science-based solutions to public health challenges.

3. How big are major classes in the department?

Most of our classes are capped at 24 with lab sections capped at 12. These numbers tend to be smaller though for senior-level courses.

4. Why major in the health sciences?

The fields of public health and exercise science are very applied. You will have a chance to learn about human health, behavior, and how the body responds to disease and exercise. Plus, the University of St. Thomas offers the only program in the country where undergraduate students get hands-on experience running a Sports Science Institute, working directly with D-I student-athletes to track performance data and help teams improve.

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