

creighton university exercise science

creighton university exercise science is a distinguished program designed to prepare students for careers in health, fitness, rehabilitation, and wellness. This comprehensive program combines scientific principles with practical application, ensuring graduates are well-equipped with knowledge in anatomy, physiology, biomechanics, and nutrition. Creighton University exercise science emphasizes evidence-based practice and offers hands-on experiences through internships and research opportunities. Students benefit from expert faculty and state-of-the-art facilities that foster a deep understanding of human movement and physical activity. The curriculum also supports various career pathways, including physical therapy, athletic training, and exercise physiology. This article explores the key aspects of the program, including academic offerings, career prospects, research initiatives, and student support services.

- Overview of Creighton University Exercise Science Program
- Curriculum and Academic Structure
- Hands-On Learning and Research Opportunities
- Career Paths and Professional Development
- Facilities and Resources
- Student Support and Community Engagement

Overview of Creighton University Exercise Science Program

The Creighton University exercise science program is structured to provide a rigorous education in the fundamentals of human movement and physical health. It integrates courses from biology, chemistry, physics, and psychology to build a multidisciplinary foundation. The program aims to develop critical thinking and practical skills that are essential for careers in health promotion, rehabilitation, and fitness management. Faculty members are experienced professionals and researchers who guide students through both theoretical and applied aspects of exercise science. The program's accreditation and strong reputation make it a competitive choice for students aspiring to excel in the health sciences field.

Program Mission and Goals

The mission of the Creighton University exercise science program is to educate students to become competent and ethical professionals dedicated to improving human health through physical activity. Its goals include fostering scientific inquiry, promoting lifelong fitness, and preparing students for graduate studies or employment in allied health professions. The program emphasizes the development of communication skills, leadership, and teamwork to ensure graduates are ready for diverse professional environments.

Accreditation and Recognition

Creighton University exercise science maintains accreditation standards that align with national exercise science and health education organizations. This recognition ensures the program meets rigorous academic and professional criteria, enhancing graduates' credibility in the job market and in pursuing advanced degrees. The program's reputation is reinforced by its successful alumni and partnerships with local healthcare institutions.

Curriculum and Academic Structure

The curriculum of the Creighton University exercise science program is carefully designed to cover essential scientific disciplines while offering specialized courses in exercise physiology, biomechanics, and nutrition. Students complete core science courses before progressing to advanced topics that integrate theory with practical application. The program also includes general education requirements to support well-rounded intellectual development.

Core Courses

Core coursework includes anatomy and physiology, kinesiology, exercise physiology, biomechanics, and nutrition. These classes provide foundational knowledge about the human body and its response to physical activity. The curriculum also incorporates courses in statistics and research methods to prepare students for data analysis and evidence-based practice.

Electives and Specializations

Students can select electives that align with their career interests, such as sports psychology, motor learning, or clinical exercise testing. Specialization options allow students to tailor their education toward fields like athletic training, physical therapy preparation, or wellness coaching. These choices enhance the program's flexibility and relevance to individual professional goals.

Capstone and Practicum Experiences

The program culminates with a capstone project or practicum that integrates students' learning through real-world application. These experiences provide opportunities to work with clients, conduct research, or assist professionals in clinical or fitness settings. Such hands-on learning is critical for developing practical skills and professional confidence.

Hands-On Learning and Research Opportunities

Practical experience is a cornerstone of the Creighton University exercise science program. Students engage in laboratory work, internships, and research projects that complement classroom learning. These opportunities enable students to apply scientific principles to assess and improve physical performance and health outcomes.

Laboratory Experiences

State-of-the-art laboratories allow students to perform physiological testing, biomechanical analysis, and fitness assessments. These labs are equipped with modern technology to simulate clinical and sports settings, facilitating experiential learning and skill development in data collection and interpretation.

Internships and Clinical Placements

Internships with healthcare providers, fitness centers, and rehabilitation facilities offer valuable exposure to professional environments. Students gain practical experience in exercise prescription, patient interaction, and program design. These placements often lead to networking opportunities and potential employment after graduation.

Faculty-Led Research

Research initiatives led by faculty members provide students with the chance to participate in cutting-edge studies related to exercise science and health promotion. Topics may include cardiovascular health, injury prevention, or metabolic responses to exercise. Participation in research enhances critical thinking and contributes to the scientific community.

Career Paths and Professional Development

Graduates of the Creighton University exercise science program are well-prepared for a variety of careers in health, fitness, and rehabilitation fields. The program's comprehensive curriculum and experiential learning components support diverse professional trajectories.

Health and Fitness Careers

Many graduates pursue roles as personal trainers, wellness coaches, or fitness program coordinators. These positions leverage knowledge of exercise prescription, nutrition, and behavior change to help clients achieve health goals. Certification preparation is often integrated into the program to facilitate professional credentialing.

Clinical and Rehabilitation Professions

Exercise science graduates often continue their education in physical therapy, occupational therapy, or athletic training programs. The foundational knowledge gained at Creighton University equips students for success in these competitive graduate programs. Graduates may also work as exercise physiologists in clinical settings, supporting patient rehabilitation and chronic disease management.

Research and Education Opportunities

Some graduates choose careers in research or academia, contributing to the advancement of exercise science knowledge. Opportunities exist in universities, healthcare institutions, and public health organizations. The program encourages ongoing professional development to stay current with scientific advancements.

Facilities and Resources

Creighton University provides extensive facilities and resources to support the exercise science program. These assets enhance learning, research, and professional preparation for students.

Laboratory and Testing Facilities

The program features specialized laboratories equipped with tools for metabolic testing, motion analysis, and strength assessment. These facilities enable hands-on learning and support faculty research projects.

Fitness and Rehabilitation Centers

Students have access to university fitness centers and rehabilitation clinics, offering practical settings for internships and experiential learning. These environments expose students to diverse populations and health conditions.

Academic and Career Resources

The university provides tutoring, career counseling, and networking events tailored to exercise science students. These resources assist with academic success and professional development, facilitating smooth transitions into the workforce or graduate education.

Student Support and Community Engagement

Support services and community involvement are integral to the Creighton University exercise science experience. The program fosters a collaborative and inclusive environment that encourages student growth.

Advising and Mentorship

Dedicated academic advisors guide students through course selection, career planning, and graduate school preparation. Faculty mentorship further enhances personal and professional development.

Student Organizations and Activities

Exercise science students can participate in clubs and organizations related to health, fitness, and sports medicine. These groups facilitate networking, community service, and leadership opportunities.

Community Outreach and Service Learning

The program promotes engagement with local communities through health education, fitness promotion, and wellness initiatives. Service learning projects provide practical experience while contributing to public health improvement.

- Comprehensive scientific coursework
- Hands-on laboratory and clinical experiences
- Diverse career pathways in health and fitness
- Access to advanced facilities and resources
- Strong support system and community involvement

Frequently Asked Questions

What programs does Creighton University offer in exercise science?

Creighton University offers a Bachelor of Science in Exercise Science which prepares students for careers in health, fitness, rehabilitation, and related fields.

Does Creighton University's exercise science program include hands-on learning opportunities?

Yes, Creighton's exercise science program emphasizes experiential learning through internships, lab work, and community-based fitness projects to provide practical experience.

What career paths can graduates of Creighton's exercise science program pursue?

Graduates can work as exercise physiologists, fitness trainers, physical therapy assistants, rehabilitation specialists, or continue education in physical therapy, occupational therapy, or medical school.

Are there research opportunities available for

exercise science students at Creighton University?

Yes, Creighton University encourages exercise science students to engage in faculty-led research projects focusing on human performance, health promotion, and rehabilitation sciences.

How does Creighton University support exercise science students in preparing for certification exams?

Creighton provides dedicated coursework, study resources, and faculty mentorship to help exercise science students prepare for certifications such as the ACSM Certified Exercise Physiologist or Certified Personal Trainer exams.

Additional Resources

1. Foundations of Exercise Science at Creighton University

This comprehensive textbook introduces students to the fundamental concepts of exercise science as taught at Creighton University. It covers anatomy, physiology, biomechanics, and the principles of fitness assessment. Designed specifically for Creighton students, it integrates university-specific research and case studies to enhance practical understanding.

2. Applied Exercise Physiology: Creighton University Perspectives

Focusing on the physiological responses to exercise, this book provides detailed insights into how the human body adapts to physical activity. It emphasizes Creighton's research contributions in exercise physiology and includes chapters on cardiovascular, respiratory, and muscular adaptations. Ideal for students aiming to specialize in clinical or athletic settings.

3. Biomechanics in Human Movement: A Creighton Approach

This title explores the mechanical principles underlying human movement, with examples and applications relevant to Creighton University's curriculum. It integrates motion analysis techniques and injury prevention strategies, helping students understand the science behind efficient and safe movement.

4. Nutrition for Exercise and Sport: Insights from Creighton University

Nutrition plays a crucial role in exercise science, and this book covers key dietary strategies to optimize performance and recovery. It includes recent research findings from Creighton's nutrition department and offers practical guidelines for athletes and active individuals.

5. Exercise Psychology: Motivational Strategies from Creighton University Research

This book delves into the psychological factors that influence exercise behavior, motivation, and adherence. Highlighting studies conducted at Creighton University, it provides evidence-based techniques to help clients maintain long-term fitness habits.

6. Clinical Exercise Testing and Prescription: Creighton University Methods

Designed for students interested in clinical exercise science, this text outlines protocols for exercise testing and individualized program design. It emphasizes safe and effective prescription methods validated through Creighton University's clinical programs.

7. *Strength and Conditioning Principles at Creighton University*

Covering the essentials of strength training and conditioning, this book presents training methods tailored to various populations. It integrates Creighton University's applied research on performance enhancement and injury prevention techniques.

8. *Rehabilitation and Therapeutic Exercise: A Creighton University Guide*

Focusing on rehabilitation science, this book discusses therapeutic exercise interventions for injury recovery and chronic conditions. It includes case studies from Creighton's clinical settings and outlines evidence-based practices for physical therapists and exercise specialists.

9. *Exercise Science Research Methods: Creighton University Edition*

This guide introduces students to research design, data collection, and analysis specific to exercise science. Emphasizing methodologies used at Creighton University, it prepares students to conduct and interpret scientific studies in the field effectively.

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- Section 1 (chapters 1 through 10) presents key topics and current research in exercise physiology, biochemistry, anatomy, biomechanics, endocrinology, sport nutrition, and sport psychology and discusses applications for the design of safe and effective strength and conditioning programs.
- Section 2 (chapters 11 and 12) discusses testing and evaluation, including the principles of test selection and administration as well as the scoring and interpretation of results.
- Section 3 (chapters 13 and 14) provides techniques for warm-up, stretching, and resistance training exercises. For each exercise, accompanying photos and instructions guide readers in the correct execution and teaching of stretching and resistance training exercises. This section also includes a set of eight new dynamic stretching exercises.
- Section 4 examines the design of strength training and conditioning programs. The information is divided into three parts: anaerobic exercise prescription (chapters 15 through 17), aerobic endurance exercise prescription (chapter 18), and periodization and rehabilitation (chapters 19 and 20). Step-by-step guidelines for designing resistance, plyometric, speed, agility, and aerobic endurance training programs are shared. Section 4 also includes detailed descriptions of how principles of program design and periodization can be applied to athletes of various sports and experience levels. Within the text, special sidebars illustrate how program design variables can be applied to help athletes attain specific training goals.
- Section 5 (chapters 21 and 22) addresses organization and administration concerns of the strength training and conditioning facility manager, including facility design, scheduling, policies and procedures, maintenance, and risk management. Chapter objectives, key points, key terms, and self-study questions provide a structure to help readers organize and conceptualize the information. Unique application sidebars demonstrate how scientific facts can be translated into principles that assist athletes in their strength training and conditioning goals. Essentials of Strength Training and Conditioning also offers new lecture preparation materials. A product specific Web site includes new student lab activities that

instructors can assign to students. Students can visit this Web site to print the forms and charts for completing lab activities, or they can complete the activities electronically and email their results to the instructor. The instructor guide provides a course description and schedule, chapter objectives and outlines, chapter-specific Web sites and additional resources, definitions of primary key terms, application questions with recommended answers, and links to the lab activities. The presentation package and image bank, delivered in Microsoft PowerPoint, offers instructors a presentation package containing over 1,000 slides to help augment lectures and class discussions. In addition to outlines and key points, the resource also contains over 450 figures, tables, and photos from the textbook, which can be used as an image bank by instructors who need to customize their own presentations. Easy-to-follow instructions help guide instructors on how to reuse the images within their own PowerPoint templates. These tools can be downloaded online and are free to instructors who adopt the text for use in their courses. *Essentials of Strength Training and Conditioning, Third Edition*, provides the latest and most comprehensive information on the structure and function of body systems, training adaptations, testing and evaluation, exercise techniques, program design, and organization and administration of facilities. Its accuracy and reliability make it not only the leading preparation resource for the CSCS exam but also the definitive reference that strength and conditioning professionals and sports medicine specialists depend on to fine-tune their practice.

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The book is written as per the revised syllabus, prescribed by N.C.T.E for Master of Physical Education. The focus behind this book is to provide adequate source of information to the students and language of the book is simple and easy to understand. Topics: UNIT I – Skeletal Muscles and Exercise Macro & Micro Structure of the Skeletal Muscle, Chemical Composition. Sliding Filament theory of Muscular Contraction. Types of Muscle fibre. Muscle Tone, Chemistry of Muscular Contraction – Heat Production in the Muscle, Effect of exercises and training on the muscular system. UNIT II – Cardiovascular System and Exercise Heart Valves and Direction of the Blood Flow – Conduction System of the Heart – Blood Supply to the Heart – Cardiac Cycle – Stroke Volume – Cardiac Output – Heart Rate – Factors Affecting Heart Rate – Cardiac Hypertrophy – Effect of exercises and training on the Cardio vascular system. UNIT III – Respiratory System and Exercise Mechanics of Breathing – Respiratory Muscles, Minute Ventilation – Ventilation at Rest and During Exercise. Diffusion of Gases – Exchange of Gases in the Lungs – Exchange of Gases in the Tissues – Control of Ventilation – Ventilation and the Anaerobic Threshold. Oxygen Debt – Lung Volumes and Capacities – Effect of exercises and training on the respiratory system. UNIT IV – Metabolism and Energy Transfer Metabolism – ATP – PC or Phosphagen System – Anaerobic Metabolism – Aerobic Metabolism – Aerobic and Anaerobic Systems during Rest and Exercise. Short Duration High Intensity Exercises – High Intensity Exercise Lasting Several Minutes – Long Duration Exercises. UNIT V – Climatic conditions and sports performance and ergogenic aids Variation in Temperature and Humidity – Thermoregulation – Sports performance in hot climate, Cool Climate, high altitude. Influence of: Amphetamine, Anabolic steroids, Androstenedione, Beta Blocker, Choline, Creatine, Human growth hormone on sports performance. Narcotic, Stimulants: Amphetamines, Caffeine, Ephedrine, Sympathomimetic amines. Stimulants and sports performance.

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Activities and the Learning of Basic Fitness Concepts; and (17) A Practitioner's Guide for Marketing Children's Fitness Programs. The document concludes with figures, tables, and an extensive bibliography. (LL)

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