

Bacone College Exercise Science Program Description

Current Overview

The Exercise Science program is committed to serving all qualified students in a culturally diverse community by giving them the academic basis and awareness for pursuing career opportunities in areas requiring a foundation of human science.

With the expansion of professions in sports, fitness and activity related healthcare, Exercise Science is now being widely recognized as a degree program that can be used as a foundational bachelor's degree for acquiring health profession certifications and degrees. Someone graduating with a degree in Exercise Science, and possibly pursuing other post-graduate certification, would have a broad range of career choices including but not limited to: fitness / strength training, athletic training, physical therapy, medicine and other healthcare-related field vocations. Students are prepared to sit for the ACSM Certified Personal Trainer Certification and the NSCA Certified Strength and Conditioning Specialist Certification.

Program Highlights

Students who participate and successfully complete the program requirements for Exercise Science have a highly specialized skill set. Currently, students are trained in the ACSM CVD and Metabolic Disease risk stratification assessment with the capacity for biometric screenings, Maximal and submaximal fitness testing for performance and detection of CVD, Exercise prescription for clinical and non-clinical populations, Performance based testing and design through the NSCA-CSCS certification competencies, and a scientific foundations for science based graduate programs focusing within the health and fitness discipline.

Internship Experience

Students within the Exercise Science program are required to complete a 240-hour (6 credits) practical internship at an approved site. Our internship site partnerships include: Jack Montgomery Veterans Hospital, Indian Health, Muskogee Swim and Fitness Center, Muskogee Bone and Joint Clinic, Champions Fitness, St. Francis Health Zone-Tulsa, Dynamic Sports Development-Tulsa, OU Human Performance Lab-Tulsa, OSU Outpatient Cardiac Rehabilitation-Tulsa, University of Tulsa Strength and Conditioning Department, Oral Roberts University Strength and Conditioning Department, Bacone Athletic Training, and many other sites outside of the area.

Graduate Placement

Students who capitalize on their experiences within the Bacone Exercise Science Program have a skill set in high demand within the work force or for health and fitness graduate programs. Recent graduates of the Bacone Exercise Science Program have obtained placements in the following settings: Certified Personal Trainer, Respiratory Therapist, Strength and Conditioning Coach, Fitness Center Management, Masters Level Athletic Training Graduate programs, Doctoral Level Physical Therapy Programs, Graduate Occupational Therapy Programs, and Masters Level Exercise Science programs.

Future Direction

The Bacone Exercise Science Program is planning to add specialized concentration areas to its curriculum. Students will have the opportunity to begin obtaining a specialized educational experience to meet the growing demand for trained health and fitness professionals. The advanced Exercise Science degree will have an interdisciplinary commitment from scientists and educators to provide students with an understanding of exercise and sports performance. Majors in exercise science can choose concentrations in Pre-professional, Strength & Conditioning, Clinical Exercise Physiology, or Sport Nutrition.

Pre-professional Concentration

This course of study provides the science-related foundation required for successful admission to professional schools for students interested in becoming Physical Therapists, Occupational Therapists, Physicians and Physician's Assistants.

Strength and Conditioning Concentration

Students interested in attending graduate school to study exercise science, pursuing a career as a conditioning coach, or working in fitness/wellness programs (personal training, etc.) may want to consider this academic course of study. Strength and Conditioning courses prepare students to work in applied and academic settings by focusing on the science behind exercise and sport performance.

Clinical Exercise Physiology Concentration

This concentration provides the academic preparation for students interested in working in a clinical setting with a variety of populations that include obese, cardiovascular, pulmonary, metabolic, and pediatric. Classes designed to teach students about specific pathophysiologies and the accompanying exercise recommendations along with a substantial internship experience will prepare students for graduate study or immediate entry into the work force. This academic course of study is designed to prepare students for successful completion of the American College of Sports Medicine's Clinical Exercise Specialist certification.

Sports Nutrition Concentration

The goal of the Sports Nutrition concentration is to provide students the learning experiences that encompass the scientific and practical principles of nutrition for exercise and sport. Students will acquire the knowledge and skill necessary for evidence-based applications and competencies of sports nutritionist while working with athletes and active individuals in a variety of settings. The program will provide an in-depth examination of contemporary nutritional topics such as advanced sports nutrition, vitamin/protein supplementation, functional food implementation, antioxidants, and meal plan analysis for optimal performance. The curriculum is designed to prepare students to successfully earn a Fitness Nutrition Specialist credential through the National Academy of Sports Medicine.